

NEW LOOK
Same great programs!

ACTIVITIES CATALOG

August–December 2009

Inside

Classes

Language

Fitness

Music

Sports

Trips

Events

Computers

and Much More

Mayor Martin J. Chávez



CITY OF ALBUQUERQUE



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS



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From the Mayor of the City of Albuquerque

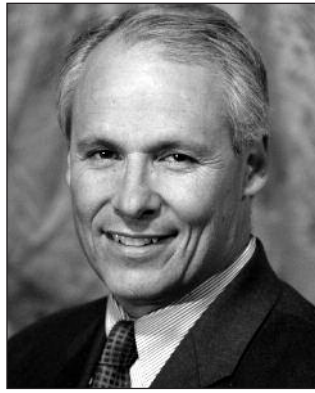
August 2009

Dear Friends:

The Department of Senior Affairs never ceases to amaze me with their innovation and now, their most recent *Activities Catalog*. How great it is to be a member of the 50+ set, living in Albuquerque! The trips, classes, and special events are personally designed for you and created with such care and knowing. Combine these activities with our state-of-the-art fitness centers and our array of social service programs, and you have incomparable quality in senior services.

If you are not already a member, please consider joining the ranks of our city's network of six senior

centers and Manzano Mesa Multigenerational Center. For \$13 a year, you will not find a better bargain. If you are over age 50, your membership card entitles you to privileges at all centers, including Los Volcanes and Palo Duro 50+ Sports and Fitness Centers. Looking for new social avenues? You might be surprised at how many people you will meet at our centers, just like you, pursuing life-long learning opportunities, or taking up badminton for the first time in 40 years—just because it's fun!



Mayor Martin J. Chávez

Please accept my invitation to visit your nearest center today! We have something new for you to do, people to meet, and places to go.

Cordially,

Martin J. Chávez, Mayor
City of Albuquerque

Department of Senior Affairs

The City of Albuquerque, Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for over thirty years. Through innovative programs and quality services, the Department has evolved into an exemplary model, dedicated to enriching and improving the lives of our community's senior population.

This catalog presents services and opportunities that are especially designed for seniors. Many of our programs have a minimum age requirement of 50 years to participate. Other programs, including Home Delivered Meals, Transportation, and Care Coordination, which are funded by the Older Americans Act and the Area Agency on Aging, have a minimum age of 60. We also offer programs for people of all ages at Manzano Mesa Multigenerational Center. Some classes and trips require a fee. Other services may request a donation or nominal fee; however, no one is denied services for not contributing. If you would like information on how to access these services, please call Senior Information at 764-6400.

Your Activities Catalog

This catalog contains activity information for all six of our Senior Centers, satellite centers, Manzano Mesa Multigenerational Center and our Fitness Centers. If you have a membership at one location, and are over age 50, you are entitled to participate in all seven centers, and the Sports and Fitness Centers. If you ever run into a filled trip or class, at your home center, a similar trip or class may be available to you at another.

Trip and class sizes are limited and available first-come first-served. Many require advanced reservations. Call the center hosting the event to sign up.

When possible, listings include the class/trip name, a brief description, location, day, time, room number, if materials are required, and the instructor name. If any of that information is not listed, it was probably not determined at the time the catalog was printed. Just call the center sponsoring the activity to find out more. Unless noted all classes/trips leave or take place at the center sponsoring the activity. Trip policies are on page 5

From Blanca B. Hise, Director, Department of Senior Affairs

August, 2009

Dear Friends:

Notice anything new? We are very pleased to present you with our latest 2009 *Activities Catalog*. By utilizing this new, tabloid-style format, we have significantly reduced the cost of this semi-annual publication and in this day and age, I know that is as important to you as it is to us. New logos on the front page? We have taken this opportunity to freshen them as well. If you look real closely, you will see that we have maintained a sense of our history in their depiction, but added a trendy splash to give our centers a clean, contemporary look.

We have tried to include as much information in our new format as possible and anything that is no longer available here, should be available at your center's front

desk or on the city website at: www.cabq.gov (seniors). Enjoy your new *Activities Catalog* and while you are thumbing through these pages, please notice that most of what you have come to appreciate about our centers has stayed the same. We still have a fantastic selection of trips, special events, classes and presentations...and you can still participate like always.

Coming in 2010 we are planning to make "shopping" with us more convenient. Per Mayor Chávez's goal to make accessibility easier for our customers, DSA is working with the City's Information Services to include credit card usage at our front registers... more information will follow.

Photo: Kim Jew



Blanca B. Hise

Please take the time to peruse our new tabloid and know that even though we may look different, the quality is the same, and you—our customers—are still our number one focus.

Thank you for your continued support.

Felicidades,

Blanca B. Hise, Director
Department of Senior Affairs
City of Albuquerque



City of Albuquerque
Martin J. Chávez, Mayor
Ed Adams,
Chief Administrative Officer
Mark Valenzuela,
Chief Financial Officer
Irene Garcia,
Chief Operations Officer
The City of Albuquerque/
Bernalillo County Dept. of
Senior Affairs Headquarters is
located at 714 7th Street SW.
Program inquiries may be directed to April B. Jojola
764-6469 or ajojola@cabq.gov
Blanca B. Hise, Director
Department of Senior Affairs
City of Albuquerque
April B. Jojola, Recreation
Division Manager

DSA Advisory Council
Chairman, Victoria Godwin
Kenneth J. Carson, Sr
Tina King
Michelle Lujan Grisham
Mary Jaramillo
Mary Martínez
Frances Ray
Susan White

City Councilors
Dist. 1, Ken Sanchez
Dist. 2, Debbie O'Malley,
Vice Pres.
Dist. 3, Isaac Benton, President
Dist. 4, Brad Winter
Dist. 5, Michael J. Cadigan
Dist. 6, Rey Garduño
Dist. 7, Sally Mayer
Dist. 8, Trudy Jones
Dist. 9, Don Harris

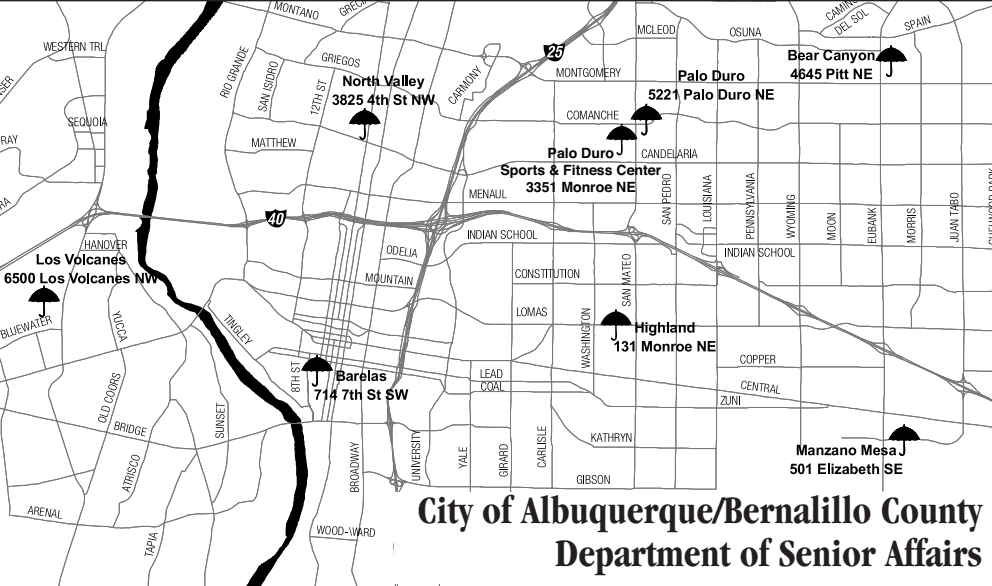
**City of
Albuquerque
Department of
Senior Affairs**

Vision: To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life.

Mission: Provide opportunities that involve and assist seniors to achieve their potential, live in dignity and share their wisdom.



Centers and Mealsites



Barelás

714 7th St. SW, Albuquerque, NM 87102
Miguel Sanchez, Manager
Marie Sinkar, Programmer
Phone: 764-6436 • Fax: 764-6472
Monday–Friday, 8:00 am–5:00 pm
Saturday, 9:00 am–3:00 pm

Breakfast: Mon.–Fri., 8:00–9:00 am, \$1.50

Lunch: Monday–Friday, 11:30 am–12:30 pm. Lunch reservations are required by noon one work day prior. Our cost to prepare each lunch is \$4.50. If you are 60 years of age or older, please donate your fair share to help cover the expense; persons 50–59 years of age contribute \$3.25; guests under 50 years of age, including children, contribute \$5.00.

Bear Canyon

4645 Pitt NE, Albuquerque, NM 87111
Katherine Black, Manager
Juliet Paez Kerlin, Programmer
Phone: 291-6211 • Fax: 291-6237
Monday–Friday, 8:00 am–5:00 pm
Thursday, 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm
Thursday Night Dance 6:30–9:30 pm

Breakfast: Mon.–Fri., 8:00–9:00 am • \$1.50

Lunch: Mon.–Fri., 11:30 am–1:00 pm • \$3.25
Guests under 50 years of age, including children \$5.00. Occasionally, meal service may be cancelled, check with the front desk for schedule changes.

Los Volcanes

6500 Los Volcanes NW, Alb., NM 87121
James Mader, Manager
Maria Aguero, Programmer
Phone: 836-8745 • Fax: 836-8749
Monday–Friday, 8:00 am–5:00 pm
Thursday, 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm
Dinner Dance last Tuesday of the month 4:30–7:30 pm (doors open at 4:00 pm)
Hot Spot gifts: Mon.–Fri., 9:00 am–1:00 pm

Breakfast: Mon.–Fri., 8:00–9:00 am • \$1.50

Lunch: Mon.–Fri., 11:30 am–12:30 pm. Lunch reservations are required by noon one work day prior. Our cost to prepare each lunch is \$4.50. If you are 60 years of age or older please donate your fair share to help cover the expense; persons 50–59 years of age contribute \$3.25; guests under 50 years of age, including children, contribute \$5.00.

Los Volcanes 50+ Sports and Fitness Center

6500 Los Volcanes NW, Albuquerque, NM 87121
Berlinda Padilla, Health & Wellness Specialist
Phone: 839-3710 • Fax: 839-9466
Monday–Friday, 7:00 am–7:00 pm
Saturday, 8:00 am–2:00 pm

Highland

131 Monroe NE, Albuquerque, NM 87108
Toni Chumash, Manager
Patty Gutierrez, Programmer
Phone: 256-2000 • Fax: 256-2004
Mon., Tues., Thurs., Fri., 8:00 am–5:00 pm
Wednesday, 8:00 am–9:00 pm
Saturday, 10:00 am–5:00 pm

At the Highland Grill

Breakfast: Mon.–Fri., 8:00–9:00 am • \$1.50

Lunch: Mon.–Fri., 11:30 am–1:00 pm • \$3.25
Guests under 50 years of age, including children, are \$5.00. Occasionally, meal service may be cancelled, check with the front desk for schedule changes.

North Valley

3825 Fourth St. NW, Albuquerque NM 87107
Leeann Torres, Manager
Sandra Lucero, Programmer
Phone: 761-4025 • Fax: 761-4031
Monday–Friday, 8:00 am–5:00 pm
Tuesday, 8:00 am–9:00 pm
Sunday 12:45–4:30 pm

Breakfast: Mon.–Fri., 8:00–9:00 am • \$1.50

Lunch: Mon.–Fri., 11:30 am–12:30 pm. Lunch reservations are required by noon one working day prior. Our cost to prepare each lunch is \$4.50. If you are 60 years of age or older please donate your fair share to help cover the expense; persons 50-59 years of age contribute \$3.25; guests under 50 years of age, including children, contribute \$5.00.

Palo Duro 50+ Sports and Fitness Center

3351 Monroe NE, Albuquerque, NM 87110
Karen Baker, Manager
Antoinette Sigala & Susan Rice, Health & Wellness Specialists
Phone: 880-2800
Monday–Friday, 7:00 am–7:00 pm
Saturday, 8:00 am–2:00 pm

Center Closings

Cleaning Closings:
Barelás July 20–26
Bear Canyon August 17–22
Highland August 3–9
Los Volcanes August 10–17
Manzano Mesa July 27–August 2
North Valley TBA
Palo Duro July 6–10
Los Volcanes 50+ Sports & Fitness Center ... August 10–17
Palo Duro 50+ Sports & Fitness Center July 6–10

Holiday Closings:
Labor Day September 7
Veteran’s Day November 11
Thanksgiving November 26 & 27
Christmas Day December 25
New Year’s Day January 1

Palo Duro

5221 Palo Duro NE, Albuquerque, NM 87110
Susan Perea, Manager
Vacancy, Programmer
Phone: 888-8102 • Fax: 888-8107
Monday–Friday, 8:00 am–5:00 pm
Wednesday, 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm
Desert Willow Gift Shop
Monday–Friday, 9:00 am–3:00 pm

Hardwood Cafe: Specialty coffees will be served in our new lobby area for 75¢ a cup. Drop by for a new brew and visit with friends.

Breakfast: Mon.–Fri., 8:00–9:00 am • \$1.50

Lunch: Mon.–Fri., 11:30 am–1:00 pm • \$3.25.
Guests under 50 years of age, including children, are \$5.00. Occasionally, breakfast or lunch service may be cancelled, so please check with the front desk for schedule changes.

Manzano Mesa

501 Elizabeth SE, Albuquerque, NM 87123
Paul Bonnell, Manager
Ed Nuñez, Operations Manager
Lucille Cordova, Acting Programmer
Angelina Poulin, Programmer
Phone: 275-8731 • Fax: 275-8734
Monday–Friday, 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm

Breakfast: Mon.–Fri., 8:00–9:00 am • \$1.50

Lunch: Mon.–Fri., 11:30 am–12:30 pm. Lunch reservations are required by noon one working day prior. Our cost to prepare each lunch is \$4.50. If you are 60 years of age or older please donate your fair share to help cover the expense; persons 60 years and older \$2.00; persons 50-59 years of age contribute \$3.25; guests under 50 years of age, including children, contribute \$5.00.

Membership is only
\$13 per year!

Nutrition Satellite/
Meal Site Directory

- Nutrition Program Office**
1500 Walter SE, Alb, NM 87102
Janie Moya, 764-1524
- Alameda Satellite**
Raymond G. Sanchez Community Ctr.
9800 4th Street NW, Alb, NM 87114
Frances Chavez, 897-8896
- Armijo Satellite**
1714 Centro Familiar SW,
Alb, NM 87105, 873-0047
- Embudo Towers, Meal Site**
8010 Constitution NE, Alb, NM 87110
Janie Moya, 764-1524
- Encino Garden Meal Site**
412 Alvarado SE, Alb, NM 87108
Julie Day, 266-7736
- Encino Terrace Meal Site**
609 Encino Place NE, Alb, NM 87102
Elvira Montañño, 247-4185
- Holy Family Satellite**
562 Atrisco Drive SW, Alb, NM 87105
Viola Abeyta, 843-7695
- La Amistad Meal Site**
415 Fruit NE, Alb, NM 87102
Esther Bustos, 848-1395
- La Mesa/Cesar Chavez Community Ctr**
7505 Kathryn Ave SE, Alb, NM 87108
Norma Taylor, 256-2680
- Los Duranes Community Center**
2920 Leopoldo NW, Alb, NM 87104
Julia Trujillo, 848-1338
- Mountain Communities /Los Vecinos Community Center**
4781/2 Old Hwy 66, Tijeras, NM 87059
Virginia Gonzales, 314-0242
- North Albuquerque Satellite**
7701 San Pedro NE, Bldg. K,
Alb, NM 87109
Julianna Brooks, 857-8313
- Pajarito Satellite**
6080 Isleta Blvd SW, Alb, NM 87105
Noel Gutierrez, 873-6617
- Paradise Hills Satellite**
6000 Chaparral NW,
Annex Building, Alb, NM 87114
America Bencomo, 314-0246
- Princess Jeanne Satellite**
11401 Indian School Rd. NE,
Alb, NM 87112
Primavera Mickie Charles, 291-6298
- Rio Bravo Satellite**
3910 Isleta Blvd SW, Alb, NM 87105
Maria “Lola” Sedillo, 873-6647
- Shalom House Meal Site**
5500 Wyoming NE, Alb, NM 87109
Annette Morris, 823-1434
- Taylor Ranch Community Center**
4900 Kachina St NW, Alb, NM 87120
Paula Azua, 768-6006
- Thomas Bell Community Center**
3001 University SE, Alb, NM 87106
Ronell Brown, 848-1333
- Wainwright Manor Meal Site**
5601 Gibson SE, Alb, NM 87108
Janie Moya, 764-1524
- Whispering Pines**
#6 Lark Road, Tijeras, NM 87059
Lorraine Ortiz, 281-8003

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General Information

Membership

Persons 50 years and older may become center members. Spouses of members who are younger than 50 may also become members. Any person wishing to participate at a senior center is required to obtain a membership card. Membership is \$13 a year and is valid at all six senior centers in Albuquerque, and the Manzano Mesa Multigenerational Center and all 50+ Sports & Fitness Centers.

New Member Orientations

All new members are invited. The center staff will be on hand to welcome new members and present an overview of the programs and services. Become acquainted with our activities, classes and clubs, and tour the center.

- Barelas**, Room 2
3rd Wednesday, 10:00 am
- Bear Canyon**, Room 6
2nd Thursday, 10:00 am
- Highland**, Room 7
3rd Friday, 12:15–1:00 pm
- Palo Duro**, Hardwood Cafe
1st Wednesday, 9:15–10:00 am

Americans with Disabilities Act

The City of Albuquerque does not discriminate on the basis of race, color, national origin, ancestry, sex, religion, age or disability in employment or provision of services. If you have a disability and will need special assistance to benefit from an activity or trip offered by a senior center, please call that location at least two weeks prior to the event.

Accessibility Ratings

To provide more information on wheelchair accessibility, we are collecting accessibility feedback from trip participants. Those with other disabilities or limited stamina can also use this information to make more informed decisions. We do our best to accurately assess each trip, but we cannot guarantee rating accuracy. If you have questions or concerns, call the destination directly for more information.

Accessible sites are identified with a wheelchair symbol and a letter “a.”

Sites with one or more known inaccessible features will show the wheelchair symbol in gray; some sites are unrated because of conflicting or unavailable information To find out more, call the destination directly.



Accessible



Inaccessible Features

Volunteer Opportunities

Volunteers are needed at all centers. If you have time, talents, skills, or hobbies and would like to share, please contact the center of your choice.



Friendship Coffee

Chat with old friends and make new ones while you enjoy a morning treat.

- Barelas**, Lobby/Social Hall
1st Wednesday, 9:30–10:30 am
- Bear Canyon**, Social Hall
Tuesdays, 9:30–10:30 am
- Highland**, Lobby
Times vary
- Los Volcanes**, Social Hall
Thursdays, 10:00 –11:00 am
- Manzano Mesa**, Social Hall
Thursdays, 10:00–11:00 am
- Palo Duro**, Cottonwood
Wednesdays, 9:15–10:15 am
- North Valley**, Social Hall
Times vary, call center for information.

AARP Driver Safety Program

This eight-hour course is taught in two four-hour sessions over two days. It provides practical techniques for coping with changes in vision, hearing and reaction time, along with a “rules of the road” review. Anyone 50 years or older may take this class and may receive a discount on insurance premiums. No tests are involved. \$12/AARP members, \$14/non-members. Make check payable to AARP and bring it to class (cash not accepted). Call for dates and to register.

- Bear Canyon**, Room 4
3rd Thursday, 12:00 noon–4:00 pm
3rd Saturday, 11:00 am–3:00 pm
- Highland**, Room 7
1st Thursday, 12:15–4:15 pm
- Los Volcanes**, Room 2
1st Monday, 9:00 am–12:15 pm
9:00 am–12:15 pm • Brenner
- Manzano Mesa**, Room 4
3rd Saturday, 8:00 am–4:00 pm
After April 1, 9:00 am–12:00 noon
- North Valley**, Room 4
1st Monday, 12:30–4:30 pm
- Palo Duro**, Ponderosa Pine
1st Friday 8:30 am–12:30 pm

Department of Senior Affairs
Frequently Called Telephone Numbers

Senior Centers

- Barelas**, 764-6436
- Bear Canyon**, 291-6211
- Los Volcanes**, 836-8745
- Highland**, 256-2000
- North Valley**, 761-4025
- Palo Duro**, 888-8102

Fitness & Multigenerational Centers

- Manzano Mesa Multigenerational Center**, 275-8731
- Los Volcanes 50+ Sports & Fitness Center**, 839-3710
- Palo Duro 50+ Sports & Fitness Center**, 880-2800

Useful Resources

- Senior Information Line**, 764-6400
- Citizen Contact Center**, 311
- Care Coordination**, 764-6400
- DSA Administration**, 764-6469
- DSA Advisory Council**, 764-6469
- Home-Delivered Meals**, 764-6400
- Home Services**, 764-6400
chores, repair, retrofit
- Recreation Division**, 764-6469

- Nutrition and Transportation Division**, 764-6469
- Social Services Division**, 764-6469
- Satellite Senior Centers**, 764-1621
- Transportation**, 848-1355/848-1356
- Volunteer Programs**, 764-1612
RSVP, Foster Grandparents, Senior Companions



Arts Mart

Seniors are welcome to display their arts and crafts at the Arts Mart. Tables are available to rent at the front desk.

Highland, Lobby
Mondays and Fridays, 7:30 am setup
8:00 am–12:00 noon
\$2.00 table rental in advance

Center Flea Markets

Shop at the Flea Market for special bargains; find treasures and satisfy your sweet tooth. Reserve your table at the front desk.

Barelas, Social Hall
Thursdays, 8:00 am–1:00 pm
\$1.50 table

Los Volcanes, Lobby
1st Friday, 8:00 am–12:00 noon
\$2.00 rental

North Valley
Wednesdays, 8:00 am–12:00 noon
\$1.00, \$1.50, \$2.00 rentals

Pajarito Meal Site
1st Friday of each month
9:00 am–12:00 noon
\$1.00 rental per table

Palo Duro Tuesday Marketplace
Ponderosa Pine
Tuesdays, 8:00 am–12:00 noon
\$1.00 rental

Center Gift Shops

Purchase a special gift made by seniors. To submit merchandise to sell you must be a member of a senior center and the item must be handmade.

Barelas, Display Case
Everyday, 8:00 am–5:00 pm

Los Volcanes, “Hot Spot”
Monday–Friday, 9:00 am–1:00 pm
Esquibel

Palo Duro, Desert Willow Gift Shop
Monday–Friday, 9:00 am–3:00 pm
Saturday, 10:00 am–1:00 pm
Erven

Hearing Aid Technician

Sandia Hearing Aids is offering hearing aid technician services including; general maintenance, cleaning, changing batteries, wax removal and checking function. Sandia services all makes and models for a cost of \$2 per hearing aid.

Bear Canyon
1st Tuesday, every other month
9:30–10:30 am

Los Volcanes
2nd Tuesday, every other month
9:00–10:00 am

Notary Service

Available by appointment

Barelas, 764-6436
Manzano Mesa, 275-8731
Palo Duro, 888-8105

Recycling Bags

Bags are available at the front desk. Bring the coupon from your water bill.

Barelas, Bear Canyon, Highland,
Los Volcanes, Manzano Mesa,
North Valley, Palo Duro

Shopping

Trips to Wal-Mart Superstore.

Barelas, Sign up at front desk.
Mondays, 9:30–11:15 am
50¢ transportation

Watch Repair

Need a new watch battery replaced, or possibly a new watchband?

Los Volcanes, Lobby
Tuesdays, 8:00 am–12:00 noon
Mr. Salazar

Health Insurance and Benefits Counseling

Bear Canyon, Lobby
1st Wednesday, 10:00 am–12:00 noon
LaChey and MacLehane
By appointment only

Manzano Mesa, Main Hallway
1st & 3rd Monday, 11:30 am–1:00 pm
Sign up before scheduled day

North Valley, Social Hall
2nd Wednesday, 9:00–11:00 am

Senior Citizen Law Office Legal Clinic

Provides general legal information. Divorces, wills, and criminal issues are not included. Information call the Senior Citizen Law Office at 265-2300.

Barelas
July 30, Sept 24, Nov 19, 10:00 am

Highland, Room 7
3rd Tuesday, 2:00–4:00 pm

North Valley, Room 4
3rd Thursday of every month,
9:00–11:00 am
Advance Directive Workshop
(Powers of Attorney, Cremation
Authorization, EMS/DNR)

Trip Policies

- To register for trips, present your membership card with your payment.
- Make checks payable to the City of Albuquerque.
- Reserve in person and pay in full.
- Cancel at least 3 days in advance.
- For overnight or day trips that require an advanced payment, a refund will be provided if a replacement is found.
- Remain with group for the entire trip.
- Return times are approximate.
- We require a two-week notice for special accommodations.
- Mileage charges for van use are 5¢ per mile per person and may include driver costs.
- Requests for refunds must be made within 2 weeks of cancellation.

Monthly Trips

Ride & Roam with Ron

A day with Ron is a treat and an adventure as he shares the secrets that make this Land of Enchantment memorable.

Palo Duro
Thursday, July 30
Friday, August 28
Wednesday, September 23
Thursday, October 29
Wednesday, November 18
Wednesday, December 16
Check in: 8:15 am • Return: 4:00 pm
5¢/mile transportation, payable upon return.
Lunch and extras at your own expense.

Out-To-Dinner

Experience the ambiance and fare at a variety of area restaurants while enjoying the company of friends.

Bear Canyon
Monday, Aug 3, Sept 14,
Oct 5, Nov 2, Dec 7
Check in: 4:45 pm • Return: 8:00 pm
50¢ transportation

Ride & Glide with Ron

Fun-filled trips to mystery destinations. Have a wonderful time just exploring our state’s natural beauty.

Bear Canyon
Wednesday, August 19
Friday, September 18
Thursday, October 29
Wednesday, November 19
Friday, December 11
Check in: 8:00 am • Return: 4:30 pm
\$6.50 transportation

Lunch Bunch

Visit a variety of restaurants in and around town and enjoy a wonderful meal with old and new friends.

Bear Canyon
4th Thursday, Aug 27, Sept 24,
Oct 22, Nov 19 & Dec 17
Check in: 10:45 am • Return: 2:00 pm
50¢ transportation

There is something for everyone under our umbrella

Membership entitles you to a world of opportunities. Here are just a few...

For information call: 764-6400
The Department of Senior Affairs
or the Citizen Contact Center 311
TTY: (505) 764-6405

Fitness Programs • Classes
Volunteer Opportunities • Travel • Meals
Albuquerque 50+ Olympics
Community Meeting Space
Computer Labs
and much more!

Center memberships are only \$13 a year!



Live Better Longer

Trips

August

Santo Domingo Feast Day

In a simple sense a Pueblo Feast Day or Dance is a spiritual celebration of gratitude and honor for past, present and future abundance. The pueblo people dance perhaps to “get heard” by the spirits so we all may sustain whatever harmony is left in this world. Please observe the Pueblo’s “No photos, sketching, camcorder or audio recording” signs.



Barelas

Tuesday, August 4

Check in: 9:15 am • Return: 3:00 pm
Transportation sponsored by Humana.
Lunch on your own

Los Volcanes

Tuesday, August 4

Check in: 9:15 am • Return: 6:00 pm
\$6 transportation, lunch at your own expense

National Weather Service Tour

Learn about the tools used by meteorologists to make forecasts and predict storms. Witness the release of a weather balloon.

Bear Canyon

Tuesday, August 4

Check in: 2:15 pm • Return: 5:00 pm
50¢ transportation

Canyon Road in Santa Fe

Santa Fe has more art galleries than any other city of its size. Canyon Road has more than 100 galleries and studios, shops, and restaurants within one-mile. Wander at your leisure and visit places of your choice.



Palo Duro

Wednesday, August 5

Check in: 8:30 am • Return: 3:30 pm
\$7 transportation, and lunch at own expense at restaurant of own choosing

Arrow Ridge, Ribera NM

Stroll and lunch at Arrows Ridge Bed and Breakfast in Ribera, NM, next door to Val Kilmer’s ranch. Lunch includes roasted carrot soup with seafood compote, field greens with berries and spiced almonds, chicken Dexcelle medallions, lemon scented rice, roasted green beans, fresh baked bread and sugar free cookies or triple chocolate bundt cake.

Palo Duro

Thursday, August 6

Check in: 9:30 am • Return: 3:30 pm
\$7.50 transportation, and check to Arrow Ridge for \$27.50 for luncheon



El Santuario de Chimayo

Sometimes called the Lourdes of America, El Santuario is a place to pray, to thank, to ask, to meditate and to experience peace of mind as well as of body.



Bear Canyon

Thursday, August 6

Check in: 8:00 am • Return: 4:00 pm
\$11 transportation

Barelas

Wednesday, August 26

Check in: 8:00 am • Return: 4:30 pm
\$11 transportation, bring lunch money

Trips are first-come first-served.
Most require advance registration.
Call the host center to sign up.

Rail Runner to Santa Fe

All Aboard! We will leave downtown Albuquerque at 10:37 am and arrive at the Santa Fe Depot at 12:05 pm. Shop and have lunch at one of the many restaurants. Once again we board the rail runner at 4:10 pm and we are back to Downtown Albuquerque at 5:35 pm.

Los Volcanes

Friday, August 7 & August 28

Check in: 9:30 am • Return 6:00 pm
\$3 transportation, \$6 train ticket, lunch at your own expense

Pluck your own at Salman Raspberry Ranch

Visit this New Mexico family-owned raspberry farm. Purchase flats of fresh, hand-picked sweet juicy berries or pluck your own at the “U pick it” field.

Manzano Mesa

Friday, August 7

Check in: 8:00 am • Return: 6:00 pm
\$17 transportation, lunch on your own at the on-site café

Los Volcanes

Friday, September 4

Check in: 8:00 am • Return: 4:00 pm

Second Saturdays Art Walk in Las Vegas

Enjoy open studios, galleries, readings, theater, and live music in the historic neighborhoods of Las Vegas.

Bear Canyon

Saturday, August 8

Check in: 9:00 am • Return: 5:00 pm
\$14 transportation

Take Me Out To The Ballgame

Enjoy hotdogs and good company as the Isotopes take on the Tacoma Rainiers.



Palo Duro

Monday, August 10

Check in: 6:00 pm • Game: 7:05 pm
Return: 9:00–10:00 pm
\$13 transportation and ticket

Albuquerque Journal

Newspapers have played a part in American life since before the Revolutionary war. Take a tour of the Albuquerque Journal and learn what it takes to put together our own daily newspaper.

Bear Canyon

Tuesday, August 11

Check in: 8:15 am • Return: 2:00 pm
\$2 transportation



Nuclear Museum of Science

Visit Albuquerque’s “newest” museum and enjoy exhibits, such as, Trinity and its Legacy and Energy Encounters. Also, see B29 and B52 airplanes, and so much more.

Bear Canyon

Wednesday, August 12

Check in: 9:15 am • Return: 1:00 pm
\$2.50 transportation, \$5 admission

Earthship Visitors Center

Half buried in the desert terrain with glass-paneled walls that seem to jut out of the ground, about 60 self-sustaining solar homes called Earthships dot the landscape. We will visit the Visitor Center, a model that demonstrates how these homes are built and how they operate. The construction utilizes natural materials and recyclables such as tires, aluminum cans, and plastic bottles.

Highland

Thursday, August 13

Check in: 8:00 am
Return: 4:00 pm (approximately)
\$19.50 travel, \$5 tour fee, lunch on your own



KKOB TV Station Tour

Go behind the scenes at KKOB. Meet well-known personalities and learn how a news program is put together. Lunch at a local restaurant will follow.

Bear Canyon

Thursday, August 13

Check in: 9:15 am • Return: 2:00 pm
\$2 transportation

Paddle Boat at Tingley

Spend a summer morning at Tingley Beach and enjoy a breezy and fun filled cruise on a paddle boat. After a working up an appetite, enjoy a delicious lunch at a local restaurant.

Bear Canyon

Friday, August 14

Check in: 9:30 am • Return: 2:00 pm
\$3 transportation, admission \$3.50–\$6

17th Annual Chile Cook-off • Page 18

Wednesday, September 23

9:30 am–1:00 pm

Barelas



Aurora Borealis Glassworks

Experience the magic of glass blowing right before your very eyes! Glass master, Jeffrey Schmitt, owner of Aurora Borealis Glassworks will explain the process and steps of creating hand blown works of art and he'll create a few then and there. This trip is limited in size, so sign up early.

Palo Duro
Monday, August 17
Check in: 9:00 am • Return: 12:00 noon
50¢ transportation

Picnic at the Villanueva State Park and Church Tour

Take a tour of two of the oldest Catholic churches in Northern New Mexico. After the tour you will head over to Villanueva State Park. Enjoy a hike on one of the park trails, or simply enjoy the breathtaking scenery and colors of the magnificent red and yellow landscape. Sack lunches will be provided.

North Valley
Tuesday, August 18
Check in: 9:00 am
Return: 3:00 pm
\$10 transportation



White Water Rafting

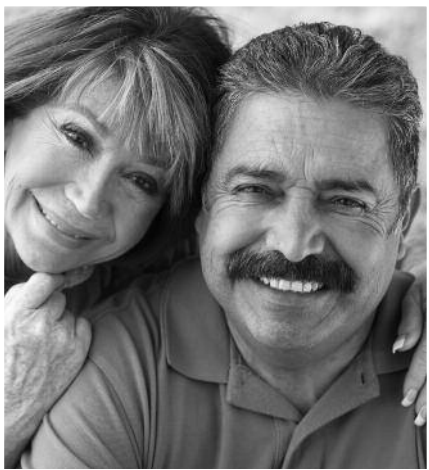
This half-day trip features an action packed 5 miles of moderate white water. Bring a sack lunch and dry clothes for the ride back home. Maximum 24 participants, six to a raft.

Bear Canyon
Saturday, August 22
Check in: 9:15 am • Return: 6:30 pm
\$58 transportation and ticket

Santa Fe's Indian Market

Don't miss this world-famous market, if you're a fan of Native American art and culture. More than 1,000 artists sell their pottery, weaving, jewelry, basketry and other traditional work and demonstrate their time-honored techniques on the Plaza. Fill up on fry bread, roasted corn and Navajo tacos as well as other foods of the Southwest as you shop and enjoy Pueblo dances, live music and other entertainment.

Highland
Saturday, August 22
Check in: 8:00 am
Return: 4:00 pm (approximately)
\$8 transportation; lunch and other expenses on your own



New Mexico Conference on Aging

The New Mexico Conference on Aging offers seniors a chance to learn and have fun in an environment of support for senior independence and dignity. Cost to be announced.

Bear Canyon
Tuesday, August 25
Check in: 9:15 am
Return: 5:00 pm



Bear Canyon
Wednesday, August 26
Check in: 7:45 am • Return: 5:30 pm

Bear Canyon
Thursday, August 27
Check in: 7:45 am • Return: 5:30 pm

Palo Duro
Tuesday-Thursday, August 26
Check in: 8:00 am • Return: 4:30 pm

Cimmaron—Outlaw Heaven

A haunted hotel, a luxury hideout, filled with many circa 1900's original furnishings, will be one of our stops during our visit. We will also take time to tour the Old Mill, (three stories tall and full of antiques) and take the walkabout tour of old town.

OVERNIGHT TRIP!

We will spend Friday night in Raton and visit the sites on Saturday.

Manzano Mesa
Friday, August 28, 2009
Check in: 8:00 am
Return: 8:00 pm, Saturday, August 29
\$23.50 transportation, motel and meals on your own



Return times are approximate

Wildlife West Harvest Festival

Celebrate the area's culture, traditions, and agricultural heritage. Events include wildlife encounters, Farmer's market, wine tasting, music, stage shows, and much, much more!

Bear Canyon
Saturday, August 29
Check in: 9:00 am • Return: 4:00 pm
\$4.50 transportation

Chuckwagon Sunset Supper & Show

This is a trip that includes a traditional chuckwagon show with barbecue dinner, wildlife presentation, and western music show. The dinner includes brisket, chicken, ranch beans, baked potato, rolls, apple sauce, cookies, lemonade and coffee.

Bear Canyon
Saturday, August 29
Check in: 4:30 pm • Return: 10:00 pm
\$25 transportation, admission and dinner

September

Nuclear Science & History

The National Museum of Nuclear Science & History is the nation's only congressionally chartered museum in its field. Originally known as the National Atomic Museum, it was established in 1969 as an intriguing place to learn the story of the Atomic Age, from early research of nuclear development through today's peaceful uses of nuclear technology.



Highland
Tuesday, September 1
Check in: 9:15 am • Return: 2:00 pm
\$2.50 travel, entrance fee and lunch at your own expense

Wild Spirit Wolf Sanctuary

The Wild Spirit Wolf Sanctuary provides a permanent home to over fifty wolves and wolf-dogs. Learn more about these beautiful animals. Bring a sack lunch and good walking shoes.

Bear Canyon
Tuesday, September 1
Check in: 7:45 am • Return: 4:00 pm
\$16 transportation, \$4 admission

Acoma—San Esteban Feast Day and Harvest Dance

Visit the place that has been home to the Acoma people for over 800 years and be a witness to a wonderful tradition. Watch the dances and enjoy the activities.

Bear Canyon
Wednesday, September 2
Check in: 8:45 am • Return: 3:00 pm
\$9 transportation

North Valley
Thursday, October 1
Check in: 8:45 am • Return: 3:00 pm
\$9 transportation

ABQ Trolley Tour

You won't be singing the Rice-a-roni jingle and you won't be in San Francisco, but you will be riding on Albuquerque's very own Trolley. The group will load in old town and embark on a 66-minute, 18-mile tour of the Best of Albuquerque.

Palo Duro
Wednesday, September 2
Depart: 10:15 am
Tour: 11:00 am
Return: 3:00 pm
\$21 trolley ticket, and lunch at own expense, transportation sponsored by Humana



NM Wine Festival

This is the biggest and oldest New Mexico wine festival. Come and enjoy the live entertainment, food, high quality arts and crafts and 20 or more New Mexico wineries. There is a free wine tasting and wine is available for purchase by the glass, bottle, or case.

Los Volcanes
Saturday, September 5
Check in: 11:30 am • Return: 4:00 pm
\$4 transportation, entrance fee \$10 and lunch at your own expense

Metropolitan Forensic Science Center

Learn what forensic science and crime scene investigation is really like, and what it is not. A presentation will be followed by a tour of the two-story building, which will feature such areas as DNA chemistry and firearms.

Bear Canyon
Tuesday, Sept 8, Nov 17
Check in: 8:45 am • Return: 4:15 pm
50¢ transportation

Bear Canyon
Wednesday, September 9
Check in: 9:00 am • Return: 1:00 pm
\$2 transportation

Call the center hosting the event if you have questions—see page 4 for center phone numbers

Costanza Apple Orchard

It's harvest time. The date might change, depending on the season. There's nothing like fresh apples! This family owned 44 year old orchard has 7 varieties of apples. Enjoy lunch at the Luna Mansion after getting apples.

Palo Duro
Thursday, September 10
Depart: 9:15 am
Return: 2:00 pm
\$5 transportation, lunch and apple purchases at own expense



Casa Rondena Winery

Located in the beautiful Los Ranchos, Casa Rondena, offers some of New Mexico's most striking and unique architecture. Amidst adobe, stone, Moorish tile, and ancient timbers, the craftsmanship of winemaker/architect John R. Calvin show through in the fine Bordeaux-style Cabernet Franc, Riesling, and a Proprietor's Blend of fine white wines.

Los Volcanes
Friday, September 11
Check in: 9:30 am
Return: 2:00 pm
\$19 transportation and ticket, lunch at your own expense



Guadalupe Vineyards San Fidel

This winery, started in 2000, is located in San Fidel east of Grants, and is owned by the Trujillo family. We will tour their beloved vineyard and sample their award winning wine.

Manzano Mesa
Friday, September 11
Check in: 8:00 am • Return: 2:00 pm
\$9 transportation, lunch on your own in Grants



Santa Fe National Cemetery

This trip is designed for those who wish to visit the gravesites of friends and loved ones in Santa Fe. Please remember some walking through grass may be necessary. Remember to bring a hat, a warm jacket, and some water.

Highland
Friday, September 11
Check in: 8:30 am
Return: 3:00 pm
\$8 transportation, lunch at your expense



State Fair-Senior Day



Monday, September 21

Enjoy an outing at the Fair! Wear comfortable shoes, sunscreen and your favorite hat.

Bear Canyon
Check in: 9:00 am • Return: 3:30 pm
\$2 transportation

Los Volcanes
Check in: 9:00 am • Return: 3:00 pm
\$2.50 transportation, entry fee and lunch at your own expense

Barelas
Check in: 9:00 am • Return: 3:00 pm
50¢ transportation, lunch and admission on your own



Palo Duro
Check in: 9:00 am • Return: 3:00 pm
\$3 admission payable at the gate, \$2 transportation sponsored by Humana

North Valley
Check in: 9:00 am • Return 3:00 pm
50¢ transportation, admission lunch etc. at your own expense.

Highland
Check in: 9:15 am • Return: 2:00 pm
Free transportation, gate fees and lunch on your own

Manzano Mesa
Check in 9:15 am • Return: 2:30 pm
50¢ transportation, lunch on your own at the Fair



El Paragua Restaurant

Just off the Taos Highway on State Road 76, the El Paragua Restaurant is nationally recognized for its Mexican cuisine. Visitors will dine in an atmosphere of quiet elegance. Steaks and fish are grilled over mesquite wood fire. It is one of the most distinguished places to eat in the Southwest.

Palo Duro
Wednesday, September 16
Check in: 9:15 am • Lunch: 11:30 am
(20% gratuity added to each ticket)
Return: 3:30 pm

Dar al-Islam Mosque & Plaza Blanca

Built in 1981 by renowned Egyptian architect Hassan Fathi, Dar al-Islam resembles the mosques of north and West Africa. In the valley below sits the natural wonder known as Plaza Blanca, also immortalized as "The White Place" in a 1940 painting by O'Keeffe.

Bear Canyon
Wednesday, September 16
Check in: 8:00 am • Return: 4:30 pm
\$12.50 transportation

Jemez State Monument

Enjoy a setting of remarkable beauty and take a guided tour of the Towa pueblo and Spanish mission ruins, some considered among the most impressive in the Southwest.

Bear Canyon
Thursday, September 17
Check in: 8:45 am • Return: 2:30 pm
\$7.50 transportation

Mariachi Fest

Let's go visit our neighbors to the west and enjoy all the mariachi music. We can dance and eat and just enjoy the day.

Highland
Friday, September 18
Check in: 8:45 am
Return: 1:00 pm
Free transportation, lunch reservations required or bring money for lunch



Barelas
Friday, September 18
Check in: 8:45 am • Return: 3:00 pm
Free transportation, lunch reservations required by September 16.



Laguna Pueblo Feast Day

There will be feasting, eating, and goodies, from noon until supper. Then to walk it off, wander away to the village to visit all the vendors. We will enjoy the traditional Harvest Dance and various other Laguna dances.

Manzano Mesa
Saturday, September 19
Check in: 9:30 am • Return: 5:30 pm
\$8 transportation, lunch at the invitation of Laguna residents

El Rancho de las Golondrinas: Santa Fe Renaissance Fair

Jousting, live steel combat, vendors, games, continuous live entertainment on 3 stages, delicious food, refreshments and music!

Bear Canyon
Saturday, September 19
Check in: 9:00 am • Return: 4:00 pm
\$7 transportation, admission \$5-\$7

Los Volcanes
Saturday, October 3
Check in: 8:15 am • Return: 4:30 pm
\$7.50 transportation, \$5 admission fee and lunch at your own expense



ABQ Studio Tour

Take a tour of various locations around Albuquerque where movie have been filmed. Ann Lerner of the ABQ Film office will be the guide. The group will go to lunch at a downtown restaurant following the tour.

Bear Canyon
Monday, September 21 & Thursday, December 3
Check in: 9:00 am • Return: 2:30 pm
\$3.50 transportation

Palo Duro
Monday, September 28
Check in: 9:00 am • Return: 2:30 pm
\$3.50 transportation

Bear Canyon Center Tour

Join us for this tour of our own network of senior centers—for new members or anyone curious about the other centers.

Bear Canyon
Tuesday, September 22
Check in: 8:00 am
Return: 1:30 pm



Ojo Caliente

Get away from it all...Relax and draw upon the healing waters of this historic resort's hot springs. Lunch at the Artisan Restaurant.

Bear Canyon
Wednesday, September 23
Check in: 8:00 am • Return: 3:00 pm
\$14.50 transportation, admission \$16

Dixon Apple Farm

For decades the Dixon's have been growing apples in the Jemez Valley. Now is your chance to taste the award winning Champagne, burgundy apples and cider.

Los Volcanes
Thursday, September 24
Check in: 8:30 am • Return: 3:00 pm
\$5.50 transportation, Bring a sack lunch

North Valley
Thursday, September 24
Check in: 8:00 am • Return: 3:00 pm
\$6 transportation

Highland
Friday, September 25
Check in: 8:30 am • Return: 3:00 pm
\$5 travel, bring a sack lunch

Bear Canyon
Saturday, September 26
Check in: 9:30 am • Return: 3:30 pm
\$7 transportation

El Ancon Sculpture Park & Pecos National Historical Park

This private park and community artists' gallery sits on 10 acres with orchards, river bottom land, acequia trails and mesas. It is visited only by appointment. On the way home, we will visit the Pecos Park.

Manzano Mesa
Friday, September 25
Check in: 8:00 am • Return: 5:00 pm
\$6.50 transportation, \$3 park entrance, lunch on your own in nearby café



Corrales Harvest Festival

Everything here is homegrown or homemade, with a plethora of vegetables and fruits available. Enjoy the music from local talent and if you need your 15 minutes of fame, enter the watermelon eating contest. If the walk from the parking lot has you down, keep your eyes open for the hay wagon for a fun shuttle.

Barelas
Saturday, September 26
Check in: 9:00 am • Return: 2:30 pm
\$1.50 transportation, lunch on your own



Montezuma's Castle—Las Vegas

Built by rich railroad owners as an exclusive hotel, back in the old days, this 90,000 square foot, 400-room, Queen Anne-style building is a sight to see.

Bear Canyon
Saturday, September 26
Check in: 9:00 am • Return: 5:00 pm
\$14.50 transportation

ABQ Movie Tour

Albuquerque is a booming location movies and films. Get an insider's look at the "Take 1" locations around town. A representative of the ABQ Film office will be the guide.

Palo Duro
Monday, September 28
Check in: 8:15 am • Return: 2:00 pm
\$2 transportation, and cost of lunch at area restaurant

October

Open Space Visitors Center

Join us on this trip to learn more about the Open Space Program and view this premier facility featuring an art gallery, wildlife viewing, a working farm, interpretive displays, and bosque access.

Highland
Thursday, October 1
Check in: 9:00 am
Return: 2:00 pm
\$3 transportation, lunch at your own expense



Acoma Pueblo Sky City

Take a tour of the old pueblo high atop the mesa. A shuttle will take you up the hill and a guide will take you around the village, through the mission. Visit the museum and watch a video about the history of the pueblo. Enjoy lunch at the Pueblo Café. Wear comfortable shoes.

North Valley
Thursday, October 1
Check in: 8:45 am
Return: 3:00 pm
\$9 transportation, \$11 tour, lunch at your own expense



Very Large Array

Consisting of 27 radio antennas in a Y-shaped configuration the Very Large Array (VLA) is one of the world's premier astronomical radio observatories. Join us for a guided tour and learn more about how we listen to the cosmos.

Bear Canyon
Saturday, October 3
Check in: 8:00 am • Return: 4:00 pm
\$15 transportation

Train to Santa Fe Senior Center

Take the Rail Runner to Santa Fe. While there visit the Mary Esther Gonzales Senior Center. After lunch take a stroll in the Plaza before taking the train back to Albuquerque.

Bear Canyon
Tuesday, October 6
Check in: 6:30 am • Return: 5:35 pm
\$8 transportation

Walkin N Circles Ranch

Visit this beautiful horse rescue mission located in Edgewood. Caretakers will introduce you to all the horses and will tell you their story.

Bear Canyon
Wednesday, October 7
Check In: 9:15 am • Return 5:30 pm
\$5 transportation, \$10 donation (includes lunch)

Shidoni Foundry

Stroll around the sculpture garden, visit the gallery which represents 100 different sculptors from all over the country and watch 2000 degree molten bronze being poured into ceramic shell molds.

Bear Canyon
Saturday, October 10
Check in: 9:15 am
Return: 2:00 pm
\$20 transportation and admission

Brunch at Le Peep

The Albuquerque Magazine rated Le Peep as the best place to have brunch in Albuquerque in January of '09. The menu is voluminous. Four choices for eggs benedict, hand made pancakes, four different choices of French toasts, five kinds of Belgian waffles. Arrive hungry.

Palo Duro
Tuesday, October 13
Check in: 8:45 am • Return: 1:00 pm
\$3 transportation, brunch at own expense



Balloon Fiesta



Balloon Fiesta Special Shapes Glowdeo

Certainly one of the Balloon Fiesta's signature events! You don't want to miss out on the beautiful balloon glow on an autumn evening.

Bear Canyon
Thursday, October 8
Check in: 4:15 pm • Return: 9:00 pm
\$4 transportation, admission \$6

Los Volcanes
Thursday, October 8
Check in: 3:15 pm • Return: 9:00 pm
\$3.25 transportation, \$6 admission fee and lunch at your own expense

Palo Duro
Thursday, October 8
Check in: 4:00 pm • Return: 9:00 pm
\$1 transportation, \$6-\$7 gate admission, food at own expense.

Special Shapes Glowdeo & Afterglow

Highland
Friday, October 9
Check in: 4:00 pm • Return: 9:00 pm
\$4.50 transportation, gate admission and food at your own expense

Manzano Mountain Retreat

Visit the apple store and orchards. Date may change depending on harvest.

Barelas
Thursday, October 15
Check in: 9:30 am
Return: 4:00 pm
\$8 transportation, box lunches provided.



Allan Houser Sculpture Garden

Take a walking tour of 75 large-scale bronze and stone sculptures created by Allan Houser, an American Master and enjoy a gallery exhibition.

Palo Duro
Thursday, October 15
Check in: 8:00 am
Return: 3:30 pm
\$10 transportation, \$16 admission, lunch in Santa Fe on your own expense



Costanza Apple Orchard

Apples, apples everywhere! This will be a quick day trip and maybe a surprise stop.

Manzano Mesa

Friday, October 16

Check in: 8:00 am

Return: 3:30 pm

\$4.50 transportation

Lunch on your own in Belen



Accessible

McCall's Pumpkin Patch

Take a ride to the pumpkin patch and spend as much time as you need looking for that perfect pumpkin. Get lost in a corn maze, race a pedal cart, feed farm animals, mine for gemstones, shop in the country store and snack on kettle corn, turkey legs and roasted sweet corn.

Los Volcanes

Saturday, October 17

Check in: 9:00 am • Return: 3:00 pm

\$7 transportation, admission TBA

Barelas

Tuesday, October 20

Check in: 9:00 am • Return: 3:00 pm

\$4.50 transportation, \$5 admission, box lunches provided

Georgia O'Keeffe Museum

Take a special docent-led tour of this amazing museum. The tour will begin before the museum opens, giving us the opportunity to fully reflect on the work a truly inspiring artist.

Bear Canyon

Wednesday, October 21

Check in: 7:45 am • Return: 2:30 pm

\$8.50 transportation, \$8 admission

Afternoon on Santa Fe's Plaza

A little shopping, sightseeing, and relaxing in the plaza; and eat lunch at a restaurant of your choice.

Highland

Thursday, October 22

Check in: 9:00 am • Return: 3:00 pm

\$8 transportation



Accessible

The Haunted Farm

Join us on this fun and spooky trip to the Cornfield that is haunted by the many victims of Farm McCall. Tour the gruesome butcher shop...the Haunted Farm that is filled with insane cannibals that are awaiting to terrify you! Will you get out in one piece?

Los Volcanes

Friday, October 23

Check in: 6:00 pm

Return: 10:30 pm

\$7 transportation, \$23 admission fee (may change) at your own expense



Inaccessible Features



A large flock of snow geese take off in the early morning hours from New Mexico's Bosque Del Apache National Wildlife Refuge. Jupiter Images

Santuario San Martin de Porres Parish

Previously displayed at the Smithsonian Institute, this altar was built by parishioner Juan Sandoval. Marvel at the incredibly detailed and inspirational woodcarvings and the beauty of this untrained artist's work. This trip includes a surprise stop.

Manzano Mesa

Friday, October 23

8:00 am–2:00 pm

Free entrance, \$1.50 transportation, lunch on your own downtown



Accessible

November

Heart Hospital

New Mexico's first hospital dedicated to the prevention and treatment of heart disease. Visit this state-of-the-art facility and learn about the comprehensive range of heart care services it offers.

Bear Canyon

Tuesday, November 3

Check in: 9:00 am • Return: 1:00 pm

\$2 transportation

Pimentel & Sons Guitar Makers

World acclaimed Pimentel & Sons Guitar makers, proudly present custom and collector series guitars featuring contemporary, Hispanic, and Native American motifs inspired by the heart of the player. The result is the fusion of over 50 years of love and craftsmanship, giving them a unique presence and tonal quality. If wood particles or finishes are a problem for you this is not the tour for you.

Barelas

Wednesday, November 4

Check in: 9:00 am • Return: 11:30 am

(In time for lunch at the center)

50¢ transportation



Inaccessible Features

Rancho de Chimayo

Fire had destroyed this landmark, but it has been re-constructed and is back in the business of serving the finest Native New Mexican cuisine, surrounded by three breathtaking mountain ranges. Experience this timeless tradition.

Palo Duro

Wednesday, November 4

Check in: 8:45 am • Return: 3:30 pm

\$11 transportation, and cost of lunch

Picnic in Estancia

Our first stop will be a visit to the local museum in Moriarity, and then the thrift shop. In Estancia, the Bean Capitol of the World, we will buy the "best beans in the world" from 5th generation growers. Bring a picnic lunch and blanket to spread out in the pretty little park in the center of town and don't forget to feed the driver!

Manzano Mesa

Friday, November 6

8:00 am–4:00 pm

\$2.50 transportation



Accessible

Mystery Café at Albuquerque Grand Airport Hotel

A dinner theater with no stage. The performance takes place among the tables and the audience is able to interact with the performers. Performances change, but in each show, a crime is committed that the audience helps to solve. Performers also serve the four-course meal.

Barelas

Saturday, November 7

Check in: 6:00 pm • Return: 10:00 pm

\$5 transportation, \$39.50 admission (includes dinner, performance and tax)



Accessible

Senior Information: 764-6400

Dia de los Muertos at El Camino Real International Heritage Center

Take part in a celebration of Mexico's Day of the Dead, featuring guest lecturers, storytelling, sugar skull decoration, and viewing of altar installation.

Bear Canyon

Saturday, November 7

Check in: 9:00 am • Return: 4:00 pm

\$13 transportation

Roadrunner Food Bank

Tour of the food bank's new facility and give an hour of your time to help this organization with their work.

Bear Canyon

Thursday, November 12

Check in: 8:45 am • Return: 2:00 pm

\$2 transportation

Bosque del Apache

Bosque del Apache is famous for the migratory flight of the Whooping and Sand Hill cranes. Tour a 12-mile loop stopping at decks to view wonderful sights. Enjoy the many exhibits and gift shop at the visitor's center.

Los Volcanes

Thursday, November 12

Check in: 4:00 am

Return: 3:00 pm

\$13.50 transportation, breakfast and lunch at your own expense

Barelas

Thursday, November 13

Check in: 8:00 am • Return: 4:00 pm

\$9 transportation, bring money for lunch

Highland

Friday, November 13

Check in: 4:00 am • Return: 3:00 pm

(approximately)

\$11.50 transportation, pack a breakfast and lunch on your own

Bear Canyon

Tuesday, November 17

Check in: 8:30 am • Return: 3:00 pm

\$11 transportation, 50¢ admission

Call 291-6211 for more information



Inaccessible Features

Railrunner to Santa Fe

Start shopping for the Holidays. Take a ride with us to the Capital City on the railrunner. Enjoy the day shopping and visiting historical sites. Have a special lunch at the popular Tomasita's or choose the restaurant of your choice.

North Valley

Friday, November 13

Check in: 9:45 am

Return: 5:30 pm

\$6 age 65+, \$8 under age 65, lunch at your own expense



Accessible

Buffalo Thunder Lodge

Do you hear the thunder? We do... it is luring us to the Art Gallery in the Buffalo Thunder Lodge, which houses a world class collection of Native American Art.

Manzano Mesa
Friday, November 13
Check in: 8:00 am • Return: 6:00 pm
\$11 transportation

Clear Light—
The Cedar Company Tour

This outing will include a tour of the Cedar products industry at Clear Light in Placitas. Learn how candles, lotions, soaps, sprays, hair car, skin care and therapeutic products are made using the local cedar of the Southwest. Time to shop will be allowed after the tour.

Palo Duro
Tuesday, November 17
Check in: 9:00 am • Return: 2:00 pm
\$5 transportation, lunch at a local restaurant at own expense

Bosque del Apache:
Festival of the Cranes

Visiting Bosque del Apache at sunset is like living in a fluid Japanese print with hundreds of cranes gracefully dancing across the sky and feeding in the marshes. The sky can turn white in the blink of an eye when the snow geese take off in mass. Plus, a green chili cheeseburger at the Owl Café is pretty inviting as well. Don't forget your camera.

Palo Duro
Thursday, November 19
Check in: 3:00 pm
Return: 9:00 pm
\$10 transportation & van pass
\$5 for "Walk in to Fly in,"
dinner on your own



NM Ski Museum

Let's visit this museum which features a 1960's gondola, photos dating from the 1800s, and ski equipment. It also honors 16 pioneers in the ski industry who are members of the New Mexico Ski Hall of Fame.

Highland
Thursday, November 19
Check in: 9:30 am
Return: 2:00 pm
\$3 transportation, lunch on your own



December

Christmas Reception
at the Governor's Mansion

Tour of the public quarters of the Governor's Mansion and the grounds overlooking Santa Fe. Before tour we will stop and eat at a restaurant in Santa Fe.

Barelas
Tuesday, December 1
Check in: 11:30 am
Return: 4:30 pm
\$7 transportation; bring money for dinner before tour in Santa Fe.



13th Annual River of Lights

Stroll the twinkling magic of thousands of lights converting the Bio Park into a wonderland of the season's beauty. Sing along with the carolers and listen to the string quartet fill the evening air with captivating melodies. New displays are added yearly, so there is always something different to see.

Bear Canyon
Tuesday, December 1
Thursday, December 17
Check in: 4:30 pm • Return: 9:00 pm
\$2 transportation, \$7 admission



Highland
Wednesday, December 9
Check in: 5:15 pm • Depart: 5:30 pm
Return: 8:30 pm (approximately)
\$3 transportation, gate admission and dinner on your own

Palo Duro
Thursday, December 17
Check in: 4:45 pm • Depart: 5:00 pm
Dinner: 5:30–7:00 pm
Tour the lights: 7:00–8:30 pm
Return: 9:00–9:30 pm
\$3 transportation, \$7–\$8 admission, dinner on your own at the Shark Reef Café

North Valley
Thursday, December 17
Check-in: 5:00 pm • Return: 9:00 pm
50¢ transportation, \$7 admission

Christmas in Old Town

Join us for the lighting of Old Town's Christmas tree, see San Felipe de Neri Church illuminated with luminarias, stroll the plaza for holiday shopping and listen to Christmas Carolers in the plaza. Dinner on your own in one of the many plaza restaurants.

Barelas
Friday, December 4
Check in: 3:30 pm • Return: 7:00 pm
\$3 transportation, dinner on your own



Highland
Friday, December 4
Check in: 3:45 pm • Return: 8:30 pm
\$2.50 transportation, dinner on your own



Christmas in Madrid

The hanging of the greens is an annual holiday tradition in Madrid. The shops, galleries, and restaurants are reminiscent of an old-fashioned main street with wonderful decorations. Dress warmly and wear sensible shoes.

Barelas
Saturday, December 5
Check in: 2:00 pm
Return: 8:00 pm
\$8 transportation, bring money for dinner



Bear Canyon
Saturday, December 5
Check in: 2:45 pm • Return: 8:30 pm
\$6 transportation

Los Volcanes
Saturday, December 5
Check in: 4:30 pm • Return: 9:00 pm
\$6.50 transportation, dinner on your own

Walk Through Nativity Display

Sandia Presbyterian Church's 6th annual nativity display features an assortment of nativities belonging to community members.

Bear Canyon
Sunday, December 6
Check in: 2:45 pm • Return: 6:00 pm
\$2 transportation and admission, dinner at Outback on your own

High Tea at Bottger Mansion

The Bottger Mansion is a Victorian jewel in Albuquerque's Old Town district. High Tea may include cream of asparagus soup, orange-almond salad with a vinaigrette and a quiche, accompanied by special teas and concludes with a dessert plate of three offerings such as chocolate sorbet, New Orleans bread pudding with bourbon sauce or creme brulee spoons.

Palo Duro
Wednesday, December 9
Check in: 11:00 am • Depart: 11:15 am
High Tea: 12:00 noon, Tour: 2:00 pm
Return: 3:00 pm
\$3 transportation and check to Bottger Mansion for \$21 for tea (pre pay)

Christmas at Kuaua:
Coronado State Monument

Enjoy luminarias and Christmas lights along the grounds of Coronado State Monument. Activities include traditional music, Pueblo dancing, Native American story telling. Complimentary refreshments provided.

Saturday, December 12
Bear Canyon
Check-in: 4:00 • Return: 9:00 pm
\$3.50 transportation and admission
Call 291-6211 for more information

Coats for Seniors at Los Griegos
Health & Social Service Center

Are you in need of a winter coat? Join us as we go to Los Griegos Center to get a free coat. Los Griegos Center participates in the 'Koats for Kids' Program. This program doesn't only provide coats for children, but adults can also benefit from this wonderful program.

North Valley
Tuesday, December 15,
10:00 am





Get Fit!

See page 24 for fitness classes and look for our new 50+ Sports & Fitness Catalog in October

Theater Trips

Santa Fe Opera— The Elixir of Love

This opera is a sparkling comedy. Nemorino is a shy and simple young farmer who is in love with Adina, a wealthy country girl. Belcore, the dashing and bombastic head of a platoon of soldiers proposes marriage to Adina. Dr. Dulcamara, a picturesque and loquacious quack arrives on the village square and peddles his potion, professing that it cures all ills. The delightful twists and turns of events brings about a satisfactory conclusion. Jennifer Black plays Adina, Dimitri Pittas is Namorino and Patrick Carfizzi is Belcore. All are seasoned performers at the Santa Fe Opera.

Palo Duro
Friday, August 28
Check in: 5:15 pm • Return: 2:00 am
\$56 motorcoach transportation and admission, advance reservation required

Opera Southwest— La Cenerentola (Cinderella)

A variation on the traditional Cinderella story, starring the delightful and talented Deborah Domanski in the title role. Performed at the historic KiMo Theater.

Bear Canyon
Sunday, October 11
Check in: 12:45 pm • Return: 5:00 pm
\$50 transportation and admission



Shopping and Theater in Magdalena

Enjoy a day of shopping and theater by the London Frontier Theater Co. in its historic WPA venue and 14th season in Magdalena. See *The Trail of Lonesome Tree: a Lost Wife Creek Christmas* that takes place in 1933 in rural New Mexico. Join Cass & Manny lost in a blizzard, and a strangely-compelling Christmas Eve visitor who “rode the rails” to Magdalena.

Manzano Mesa
Sunday, December 13
Check in: 9:00 am • Return: 6:00 pm
\$16.40 transportation, \$3.50 admission



Ballet Theater of New Mexico: Nutcracker Ballet

No holiday season would be complete without Clara and the Nutcracker Prince, Mouse King and Sugar Plum Fairy. Performed at the historic KiMo Theater, this holiday classic will enchant all.

Bear Canyon
Sunday, December 13
Check in: 12:45 pm • Return: 5:00 pm
\$21 transportation and admission
Call 291-6211 for more information

Adobe Theater

Talley’s Folley

The scene is a deserted boathouse on July 4th, 1944. Matt Friedman and Sally Talley were meant for each other, but Matt needs to convince Sally that it’s true.

Bear Canyon
Sunday, August 2
Check in: 12:45 pm • Return: 5:00 pm
\$13 transportation and admission
Call 291-6211 for more information

Back to the 80’s—a Musical

Join the graduating class of William Ocean High School as they live through their senior year—as they experience the fun, the heartbreak, the loves, and the loneliness of growing up...all set to the biggest hits of the 80s. “Back to the 80’s”—a totally awesome musical.

Bear Canyon
Sunday, September 6
Check in: 12:45 pm • Return: 5:00 pm
\$15 transportation and admission
Call 291-6211 for more information

Betrayal

A powerful play by the late Harold Pinter, winner of the Nobel Prize for Literature. Jerry was Best Man at Robert’s marriage to Emma, but after several years, he and Emma embark on an affair. However, adultery leads to more subtle forms of “betrayal.” The play examines events in reverse order, starting after the end of the affair and ending with the scene in which it began. A wonderful, psychological drama.

Highland
Sunday, September 20
Check in: 12:15 pm • Return: 4:00 pm (approximately)
\$13 transportation and admission

Sunday, October 4
Bear Canyon
Check in: 12:45 pm • Return: 5:00 pm
\$13 transportation and admission



Private Lives

Noel Coward at the top of his form. The play is about a recently divorced, high-society couple who are now remarried. The problem is that they can’t really live without each other. They have murderous fights and rageful fits, which they feel entitled to as they live amongst the rich.

Bear Canyon
Sunday, December 6
Check in: 12:45 pm • Return: 5:00 pm
\$13 transportation and admission

Highland
Sunday, December 6
Check in: 12:15 pm
Depart: 1:00 pm • Return: 4:00 pm (approximately)
\$13 transportation and admission

The Trip to Bountiful

Elderly Carrie Watts feels trapped in the oppressive apartment of her son and daughter-in-law. Her memories take her back to the small town in which she was raised, a tiny Gulf town named Bountiful.

Bear Canyon
Sunday, November 1
Check in: 12:45 pm • Return: 5:00 pm
\$13 transportation and admission

The Met at the Movies

Simulcast live from the Met to theaters around the world.

Les Contes d’Hoffman

Offenbach’s one serious opera; a genuine grand opera, holds its own with the best operas ever written. It includes three back-to-back stories of disillusionment—featuring Hoffman’s three girlfriends. Strangely enough, they all bear an uncanny resemblance to a lady by the name of Stella.

Bear Canyon
Saturday, December 19
Check in: 9:15 am • Return: 3:00
\$24 transportation and admission
Call 291-6211 for more information

Aida

Your sure to enjoy one of Verdi’s most beloved operas.

Bear Canyon
Saturday, October 24
Check in: 9:15 am • Return: 3:00
\$24 transportation and admission

Presentations

History and Traditions

Talk About a Grand Lady

In 2006, Albuquerque turned 300 years old. Learn about the Duke City, from its founding as an illegal villa to one of the southwest's leading cities in this fun, fascinating journey through three centuries

Presenter: Mary Mortensen Dieker
Tuesday, July 28, 9:30 am
Barelas, Classrooms 2/3

Rendezvous with Old Bill Williams

Learn about William Sherley "Old Bill" Williams, one of the most colorful, adventuresome 19th century mountain men.

Presenter: Larry Marken
Tuesday, July 28, 10:00-11:00 am
Bear Canyon, Room 4

Antiques Show and Tell

Our last show and tell was so much fun, we decided to do it again! Bring in your treasured family heirlooms or sentimental items and tell us your story.

Manzano Mesa
August 11, 2:00-4:00 pm

Ellis Island: Gateway to America

As immigrants arrived in New York Harbor, the new arrivals strained to see the Statue of Liberty. But before they could start their new life in America, they had to pass through Ellis Island. Learn what it was like for the immigrants inside its massive buildings.

Presenter: Carol Venturini
Wednesday, October 28, 10:00-11:00 am
Bear Canyon, Room 4



Intro. to American Folk Music

Join us for a lecture and song presentation of cowboy, pioneer, and lumberjack songs. Hear tales of bad men, hobos, unions, the plantation and unrequited love.

Presenter: Arthur Byers
Thursday, September 24, 1:00-2:30 pm
Bear Canyon, Room 4

An Enchanted Christmas—New Mexico's Christmas Traditions

New Mexico is even more beautiful during the holiday season. Enjoy its "silent light," its holy nights, the unique foods and traditions that make it the place to be at this special time of the year.

Presenter: Mary Mortensen Dieker
Tuesday, December 15, 9:30 am
Barelas, Classrooms 2/3

Women's Issues

Women Inventors & Business Women

How many women inventors can you name? How about the names of women who founded successful companies? Discover how some women changed the lives of people with their inventions and businesses. Their achievement many inspire you.

Presenter: Carol Venturini
Wednesday, December 2
10:00-11:00 am
Bear Canyon, Room 4

Standing on Your Own

This workshop emphasizes the unique challenges of the older woman and other women with special needs who need information and resources regarding personal financial matters.

Presenter: Lorraine Bantista, NM
Commission on the Status of Women
Wednesday, October 14
8:30 am-12:30 pm
Bear Canyon, Room 4

Presentations are
free with membership unless
otherwise stated

Chronic Health Issues

Prostate Cancer

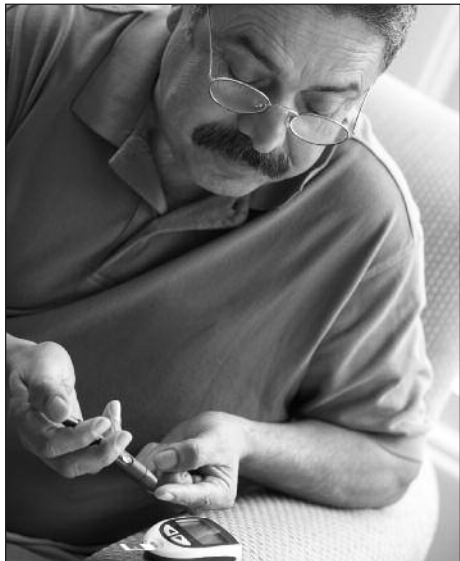
The Prostate Cancer Support Association provides the public with awareness about Prostate Cancer. It is their goal to educate and inform men and their partners about the various testing programs and treatments available for prostate cancer. This presentation will give you some helpful tips on how to pick an oncologist and what new technical advances have been discovered.

Presenter: Prostate Cancer Support
Association of New Mexico
Wednesday, September 9, 9:30 am
North Valley, Room 2

Managing Your Diabetes

Molina Medicare is sponsoring this presentation by a certified CDE. Learn about the symptoms of diabetes, how nutrition affects it and the steps are to control it.

Thursday, August 13, 10:00 am
Or
Thursday, November 19, 9:30 am
Palo Duro, Cottonwood



Diabetes Prevention and Nutrition

Wednesday, August 19, 9:30 am
Or
Wednesday, October 28, 9:30 am
Or
Wednesday, December 9, 9:30 am
North Valley, Room 2

Living with Alzheimer's Disease

If you or someone you care about has been diagnosed with Alzheimer's Disease, you may be eligible for a new research study evaluating an investigational medication. If you are Age 50 or older; have mild to moderate Alzheimer's; have a caregiver to act as partner during the study; then you may be able to participate.

Presenter: Albuquerque Neuroscience
Clinical Research Center
Tuesday, November 10, 9:30 am
Barelas, Classrooms 2/3

Overcoming Osteoporosis

Osteoporosis can be prevented and/or managed with lifestyle changes. This workshop will provide information on exercises, easy stretches and other steps you can take to prevent bone loss and increase bone density and strength.

Presenter: Dr. Merrilee Forman
Wednesday, September 9
10:00-11:00 am
Bear Canyon, Room 4

Osteoporosis

Presenting risk factors and getting participation in clinical research trial.

Presenter: NM Clinical Research &
Osteoporosis Center
Tuesday, September 15, 9:30 am
Barelas, Classrooms 2/3

Hearing

Help for the Hard of Hearing

Find out how Relay New Mexico gets everyone talking. We'll explain our free telephone services for the Deaf, Hard of Hearing Speech Impaired.

Relay New Mexico
Wednesday, August 5, 10:30-11:30 am
Los Volcanes

Presenter: Mireya Hernandez,
Relay New Mexico
Wednesday, October 14, 10:00-11:00 am
Bear Canyon, Room 4

Presenter: Relay New Mexico
Tuesday, August 11, 9:30 am
Barelas, Classrooms 2/3



Tools for Healthy Aging



Aging

HEALTHY AGING SERIES

Presented by Presented by St. Joseph's Community Health

Don't miss this three part series focusing on senior health. Designed to build self-confidence in self-care and doctor-patient communications and addresses senior health issues such as nutrition, fitness, healthy aging and growing wiser.

Staying Healthy— Part 1

Learn how to get better health care at lower costs and how to avoid unnecessary trips to the ER. Presentation also introduces the purpose and principles of the *Healthwise for Life Handbook*, a tool for self-care. Registered participants receive a free *Healthwise Handbook* (\$9.95 value.)

Nutrition— Part 2

Information on senior nutrition and making healthier food choices, reading labels, healthy shopping and food preparation and the connection between food choices and chronic illness such as diabetes. Presentation also provides local resources for low-cost or free meals for seniors.

Growing Wiser—Part 3

This interactive workshop focuses on achieving individual health changes and wellness issues relevant to senior adults. Learn more on the connection between health and wellness through exercise, stress reduction and spiritual/positive affirmation. Discussion of the physical and mental myths associated with aging.

Healthy Aging Series at Los Volcanes,

Room 2 • Call 836-8745 to register

Staying Healthy

Friday, August 7, 10:00 am–11:00 am

Nutrition

Friday, August 21, 10:00 am–11:00 am

Growing Wiser

Friday, August 28, 10:00 am–11:00 am

Healthy Aging Series at Bear Canyon,

Room 4 • Call 291-6211 to register

Staying Healthy

Wednesday, September 2, 10:00–11:00 am

Nutrition

Wednesday, October 7, 10:00–11:00 am

Growing Wiser

Wednesday, November 4, 10:00–11:00 am

Healthy Aging Series at Palo Duro,

Call 888-8104 to register.

Staying Healthy

Thursday, September 3, 10:00 am

Nutrition

Thursday, September 10, 10:00 am

Growing Wiser

Thursday, September 17, 10:00 am

Healthy Aging Series bonus workshop:

Stress Solutions

This a stand-alone workshop. Sign up for it separately from the previous 3.

Thursday, September 27, 9:30 am
Palo Duro, Cottonwood

Aging Successfully in the 21st Century

A person born in the 1900s could live on average until they were 46. Research shows that one-third of our longevity has to do with heredity and two-thirds has to do with life style. This talk covers the six factors that help us live longer lives.

Presenter: AARP New Mexico
Tuesday, November 3, 9:30 am
Barelas, Classrooms 2/3

Creativity for Longevity

The brain was long thought to be hard-wired, and led to the assumption that “you can’t teach an old person new tricks.” But recent research is finding just the opposite. Neuroplasticity is the new term being used to describe how the brain actually works, how it heals, and how, with practice and creative acts, we **can** “learn new tricks” as we get older. Continual learning—creativity—may be the fountain of youth we have been looking for.

Presenter: Jennifer Fiordelisi, MA, LPCC, MA, CM
Friday, October 9, 10:30 am
Los Volcanes

Aging in Place

Do you want to stay in your home as long as possible? Of course you do! Aging in Place means preparing in advance for your changing needs and making sure that the years in front of you will be as good as—or better than—the ones behind you. And best of all it means that you choose where and how you want to live. Learn about the resources services that can help you make it happen.

Presenter: Jennifer Fiordelisi, MA, LPCC, MA, CM
Friday, November 13, 10:30 am
Los Volcanes

Hospice Jeopardy

Based on the game of Jeopardy and great for group learning—we’ve turned education into fun in the form of a question and answer format.

Presenter: Sol Amor Hospice
Tuesday, August 4, 9:30 am
Barelas, Classrooms 2/3

Class size is limited. Call the center hosting the program to reserve a place.

End of Life Planning

5 Wishes

Don’t miss this presentation discusses end of life choices regarding healthcare and medical decisions. A handout is also provided for individual and family discussion, and can serve as a living will and/or a healthcare power-of-attorney. Learn more about this unique document and how it can let your family and doctors know your wishes, including which person you want to make health care decisions for you when you can’t make them.

Presenter: Sol Amor Hospice
Tuesday, August 11, 2:00–3:00 pm
Highland, Room 7

Presenter: Sol Amor Hospice
Tuesday, September 8:00–9:30 am
Barelas, Classrooms 2/3

Presenter: Linda Stamps
Tuesday, November 17, 10:00–11:00 am
Bear Canyon, Room 4

Presenter: Jessica Daly, Sol Amor Hospice
Wednesday, December 2, 9:30 am
North Valley, Room 2

End of Life Planning

Help educate families on the advantages of preparing for the end of life events. We will discuss living wills, cemetery and funeral arrangement. A complete information packet will be made available to all attendees. This pack includes a living will, family record guide & certificate of savings.

Daniels Family Funeral Services
Tuesday, August 18, 9:30 am
Barelas, Classrooms 2/3

Hospice de La Luz

Learn about hospice and how this important service assists patients and families cope with life threatening illnesses.

Presenter: Peter Trans
August 18, 12:30–1:30 pm
Manzano Mesa

Wills, Probate, Power of Attorney

Do yourself a favor and make your final arrangements now. Don’t put it off any longer. Learn the benefits and disadvantages of probate, the value of wills and powers of attorney. Save your heirs time and money by taking care of business the way YOU prefer it.

Presenter: the Senior Law Office
Friday, August 28, 10:00 am
Palo Duro, Aspen

More Presentations

Community Updates

Seniors and Safety

Bernalillo County Sheriff Officer M. Gonzales discusses home and personal safety issues. Q & A will follow the presentation.

Presenter: Bernalillo Co. Sheriff's Dept.
Thursday, July 23, 10:00–11:00 am
Bear Canyon, Room 6

UNMH Report Card

In an effort to keep the community involved with UNM Hospitals, we are presenting the UNMH Community Report Card. The presentation will include information regarding new and existing services, clinics openings, and financial assistance programs for qualified Bernalillo County residents. Also includes new hospital programs, initiatives, finances, and statistics

Presenter: Bernadine Hernandez
Wednesday, August 12, 10:00–11:00 am
Bear Canyon, Room 4

Presenter: UNM Hospital
Tuesday, September 22, 9:30 am
Barelas, Classrooms 2/3

Tuesday, October 20, 10:00 am
Highland, Room 4

Congressman Martin Heinrich's Traveling Office

A representative from the Congressman's office will be on hand to answer your questions on such issues as Veterans' Benefits, Social Security & Medicare Benefits, and Immigration Matters.

July 31, Sept 25, Dec 18
11:30 am–12:30 pm
Los Volcanes, Lobby

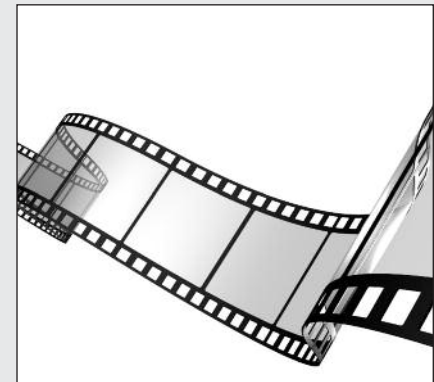
Presenter: Miguel Negrete
Wednesday, Aug 31, Oct 14 & Dec 9
11:00 am–12:00 noon
Bear Canyon, Lobby
Call 291-6211 for more information

Presenter: Stephanie Russo
2nd Monday of the month
11:30 am–12:30 pm
Highland, Lobby

Get Physical!
See page 24
for fitness classes

Classic Movie Matinees

Manzano Mesa 1:00–3:00 pm



Carol Venturing will give brief bios on the actors before the movies.

- August 14 • **Elvis Extravaganza**
- September 8 • **Gregory Peck**
- October 13 • **Joan Crawford**
- November 20 • **Cary Grant**
- December 18 • **Lucille Ball**

Alternative Health & Living Well

Herb Planting

This presentation will help you examine a few of the ways to use herbs to improve your health, and the advantages of gardening in the fall. It's easy to be green all year in our climate.

Presenter: Christianna Cappelle,
Gardening Guild
Wednesday, August 12, 9:30 am
North Valley, Room 2

Reflexology Demonstration

Informational pamphlets will be given on overview and case studies. Presentation will show you the responses to the body. One lucky person will be selected to have a reflexology treatment.

Presenter: Pamela Olsen
Tuesday, August 25, 9:30 am
Barelas, Classrooms 2/3



Co-Housing

Already in use in many European countries, Co-Housing is beginning to take hold in the United States. Integrating concepts from the sustainability movement, environmental psychology, and building community, co-housing is fast becoming an option for many older adults who seek to age in place. Join us for an overview of the co-housing concept, its feasibility and cost, and be inspired and ready to break ground on a new way of living!

Jennifer Fiordelisi, MA, LPCC, MA, CM
Friday, September 11, 10:30 am
Los Volcanes

Health Awareness and Prevention



Stress Solutions

Using small group discussion and activities this workshop teaches you how to effectively manage tension, anger and stress through helpful tips including information on nutrition, anger triggers and relaxation techniques.

Presenter: St. Joseph's Community Health
Saturday, August 1, 10:00–11:00 am
Bear Canyon, Room 5

Stress Solutions and Anger Management

Presenter: St. Joseph's Community Health
October 20, 10:30 am–12:00 noon
Manzano Mesa

Breast Cancer Awareness

Presenter: Catholic Health Organization
September 15, 10:00–11:30 am
Manzano Mesa

Healthy You— Blood Pressure and Stroke Education

Learn how to minimize your risk level and avoid these life-threatening conditions. Refreshments will be provided.

Presenter: Lovelace
Wednesday, September 23, 9:30 am
Palo Duro, Ponderosa Pine

Social Wellness

Social wellness is about staying engaged. Learn about an initiative designed to promote access to continued employment, lifelong learning and volunteer opportunities for New Mexicans age 50 and older and adults living with disabilities.

Presenter: Engage, New Mexico!
Wednesday, September 30
10:00–11:00 am
Bear Canyon, Room 4

Balance and Fall Prevention

Falls are the leading cause of injuries and hospital admissions for trauma among older adults. However, falls are not just the result of getting older. Falls are usually caused by a number of things and many can be prevented. Please join us and learn some exercises that you can do to prevent them.

Presenter: George Fraser, Fifty 'N Fit
Thursday, September 24, 10:00–11:00 am
Bear Canyon, Room 6

RX Review

This presentation invites a licensed pharmacist to answer common questions regarding prescription medication. This also allows the audience to brown bag their prescriptions and let the pharmacist go over them on an individual basis with each attendee.

Presenter: Blue Cross Blue Shield
Tuesday, September 29, 9:30 am
Barelas, Classrooms 2/3

Major Depression Anxiety

If you would like more information about symptoms you may be experiencing and about possibly participating in clinical research please attend this presentation. Patient care and study medication may be available at no cost to you, with possible compensation for your time and transportation expenses.

Presenter: Albuquerque Neuroscience
Clinical Research Center
Tuesday, October 6, 9:30 am
Barelas, Classrooms 2/3



Food Safety

Stay healthy by following some basic guidelines to help you avoid food borne illnesses. Learn, how to refrigerate and store food in your pantry; what good and bad molds are; as well as, how to sanitize your counters.

Presenter: Loretta Torrez-Montoya,
New Mexico Department of Health
Wednesday, November 4, 9:30 am
North Valley, Room 2

Seniorcise

A fitness expert will demonstrate stretching and toning exercises and how to stay active.

Presenter: Blue Cross Blue Shield
Tuesday, October 27, 9:30 am
Barelas, Classrooms 2/3

Medicare

Medicare Help Desk

Humana hosts an information table on Medicare. Please stop by and get your Medicare questions answered.

Wednesday, Oct 7, Nov 4, Dec 2
11:00 am–12:00 noon
Los Volcanes

Monday, Oct 12, Nov 9, Dec 14
11:00 am–12:00 noon
Los Volcanes

Financial

AARP: Aging and Social Security in 21st Century

Presenter: Stan Cooper
October 6, 10:30 am–12:00 noon
Manzano Mesa

Social Security Benefits & Enrollment

Presenter: Eva Lujan, Social Security
November 5, 10:00–11:30 am
Manzano Mesa

Pension Protection

In the 1980's more than 60% of U.S. employers offered a traditional pension benefit for their workers (that is that paid into a retirement plan that a worker got in retirement). Today most workers need to have a 401 (k) to have savings in retirement over and above Social Security. While more and more workers have 401 (ks), only half of all employers provide those options through the workplace. This talk will go into what is happening in Congress on pension reform and also talk about shoring up Social Security for the long term and protect public employee pensions in New Mexico.

Presenter: AARP New Mexico
Tuesday, December 8, 9:30 am
Barelas, Classrooms 2/3



Saturday, November 7, 2009
7:30 am–4:00 pm • Sandia Resort

CELEBRATE THE HEART OF CARING

Caregiver Conference

Sponsor and Vendor Registration
deadline September 25, 2009
Phone: (505) 764-6400

This year's Family Caregiver Conference brings together seniors, families and community professionals to celebrate and honor the unsung, unpaid heroes who care for family members day in and day out. This annual, free conference will pamper around 450 attendees with massages and facials—and provide relevant workshops and vital information to allow them to continue to care for their

loved ones at home—and not in an institution. Highlights include workshops, presentations, and door prizes. Caregivers particularly appreciate the free respite care provided for loved ones as well as the on-site day care center.

Sponsored by:

DEPARTMENT OF SENIOR AFFAIRS

alzheimer's association

Consumer Protection

Fraud & Scams

Learn the clues that signal a swindle with this information from law enforcement agencies nationwide. Learn to identify and avoid the most common frauds and protect yourself.

Presenter: NM Regulation and Licensing Department
Tuesday, October 13, 9:30–10:00 am
Barelas, Classrooms 2/3



Identity Theft

The fastest-growing white collar crime in the U.S. today, identity theft can devastate not just your credit rating and bank account but tangle you in legal complications and misunderstandings. Learn what identity theft is, how it can happen to you—and what you can do to repair the damage if you are victimized.

Presenter: NM Regulation & Licensing Department
Tuesday, November 17, 9:30–10:00 am
Barelas, Classrooms 2/3

Predatory Protections

This presentation will cover many aspects of how to protect oneself from credit card fraud and give you the pros and cons of reverse mortgages, and how the State's Home Loan Protection Act protects consumers in home mortgages.

Presenter: Jackie Cooper, AARP
Wednesday, October 14, 9:30 am
North Valley, Room 2

Investor Scams

Learn the basics on investing, retirement planning and how to avoid common investment frauds and identity theft.

Presenter: Bill Morrison, AARP
Wednesday, November 18, 9:30 am
North Valley

Consumer Issues

A variety of consumer issues that can dramatically affect a person's lifestyle will be discussed: credit rating, financial security and identity.

Presenter: Senior Citizen's Law Office
Friday, December 11, 10:00 am
Palo Duro, Ponderosa Pine

Come Chill Out with us at Manzano Mesa's

WATER SPRAYGROUND

Manzano Mesa Multigenerational Center

Open Memorial Day–August 14
Monday–Friday, 11:00 am–3:00 pm
Saturday, 9:00 am–2:00 pm

Group reservations available.
Call 275-8731 for information.

Special Events

Monthly Events

Monthly “Birthday” Parties

It’s a party and you are invited! Enjoy birthday cake or cookies and a cup of coffee. Bring a friend to help celebrate.

2nd Friday of each Month, 1:00–1:30 pm
Palo Duro, Mesquite
No sign up necessary
Sponsored by Molina Medicare



Ice Cream/Pie Socials

Get together with friends or make new ones as you enjoy a special treat. Special entertainment is also provided.

Fridays, Aug 28, Sept 18,
Oct 16, Nov 13 & Dec 11
1:30–2:30 pm
Bear Canyon, Social Hall

Want to know
more? Visit
www.cabq.gov
(seniors)



August

August Summer Sizzle

Yes! It’s hot, hot, hot, but never too hot to dance! Dance to the music of the Samuel D. band, brought back by popular request!

Wednesday, August 5, 5:00–7:30 pm
\$7.50 per person
Manzano Mesa
Reservations required by July 20, 2009

Blue Monday

Wear blue—win a prize for best-dressed blue coordinated person. Please make lunch reservations 24 hours in advance.

Monday, August 17, 11:30 am–12:30 pm
Barelas, Social Hall
Reservations required.

Remembering the King!

It’s National Elvis Week! Watch an Elvis movie in the morning to follow with lunchtime entertainment, and refreshments. Reserve a free table to show off your Elvis memorabilia.

Friday, August 14, 11:30 am
North Valley, Social Hall

Bits To Eat In The Mesquite

Join us for a “Rib S-Tickler” of a night! The “stick to your ribs” menu will include: roast turkey, oven roasted red potatoes, honey glazed carrots, tossed salad, roll and brownie ala mode for dessert. Entertainment will be a laughing matter.

Wednesday, August 19
Dinner served: 5:30–6:00 pm
Entertainment: 5:45–6:45 pm
\$4 per person
Palo Duro, Mesquite
Advance ticket purchase required.

Elvis Week

August 11–17 is Elvis Week, so in honor of the king of rock n’ roll we will have a free 50’s dance in tribute to him. Recognition to the best 50’s out-fit first and second place winners.

Wednesday, August 26, 1:30–4:00 pm
Barelas, Social Hall

Member’s Birthday Luncheon

Enjoy a delicious lunch and great entertainment by “Elvis” as we celebrate members’ birthdays.

Friday, August 28, 12:00 noon –1:30 pm
Lunch served: 12:00 noon–12:30 pm
\$4 per person
Highland • reservations required

September

Labor Day Luncheon

Entertainment and door prizes.
Please reserve 24 hours in advance.
Friday, September 4, 11:30 am–12:30 pm
Barelas, Social Hall
Reservations required

Grandparent’s Day Luncheon

In honor of all grandparents—join us for lunch. Please make lunch reservations 24 hours in advance.
Friday, September 11, 11:30 am–12:30 pm
Barelas, Social Hall
Reservations required.

Special Luncheon

Red or Green?...Green! Mmmmmm. Come and celebrate living in the Land of Enchantment with a lunch of green chicken enchiladas, Mexi-corn, spanish rice, pinto beans, flour tortillas, chips & salsa and bread pudding. Delicious!! Authentic New Mexican entertainment will spice up the event.
Thursday, September 17
11:30 am–1:00 pm
Lunch served: 11:30 am–12:00 noon
\$4 per person
Palo Duro, Mesquite
Advance ticket purchase required

Harvest Tea

This traditional English-style tea will be complete with fine china, silver and elegant linens. Catered and hosted by the Desert Tea Rose.
Saturday, September 19, 1:30–2:30 pm
\$10 per person
Bear Canyon, Social Hall
Call 291-6211 for more information

1st Day of Autumn
by the Harvest Moon...

On this first day of Autumn, we will celebrate yet another equinox, with a good dinner and music all by the light of the harvest moon.
Tuesday, September 22, 5:00–7:30 pm
\$7.50 per person
Manzano Mesa, Social Hall
Reservations by September 9

Morning Tea

Delight yourself with delectable sweets and the company of friends. You can wear your favorite dress with your favorite hat to receive a prize for dressing appropriate. Bring in your favorite tea cup, to show off to your friends.
Tuesday, September 22, 9:30–10:30 am
North Valley, Patio



FREE ALL DAY FUN!

MAYOR MARTIN J. CHÁVEZ AND THE DEPARTMENT OF SENIOR AFFAIRS PRESENT

MARIACHI FEST '09

FRIDAY, SEPTEMBER 18 9AM-4PM
LOS VOLCANES SENIOR CENTER

Don't miss this day long event! See Mariachi groups and vocal artists perform indoors and out. Tobias Renee will be our star performer this year. Shop at the flea market. Visit the food and craft vendors. See the art show and car show.

836-8745

6500 LOS VOLCANES RD, NW
SENIOR INFORMATION 505 764-6400
CITIZEN CONTACT CENTER 311 • TTY 505 764-6405



17th Annual Chile Cook-off

Come join us for our annual chile cook-off. Enjoy Mariachis playing and the aroma of Chile made by our seniors. The best chile around! Winners will be selected in 3 categories: Red Chile, Green Chile and Salsa. Cash prizes and ribbons will be awarded to 1st, 2nd & 3rd place winners in each category. Chile tasting for everyone after judging takes place.

Wednesday, September 23
9:30 am–1:00 pm
\$5 to register
Barelas, Social Hall
Reservations required for lunch.

Hillbilly Special Luncheon

Join us for an afternoon of Hillbilly music and a wonderful luncheon.

Thursday, September 24
12:00 noon–1:30 pm
Lunch served: 12:00 noon–12:30 pm
\$4 per person
Highland, Reservations required

Bear’s Den Ho-Down

Get together with a bunch of your Bear Canyon friends and have a howlin’ good time with, lots of good food and lots of fun.

Friday, September 25, 11:30 am–1:00 pm
\$4 per person
Bear Canyon, Social Hall

Pool Tournament

Come show your talent. 1st place & 2nd place winners. Please sign up early we need enough guaranteed players to have the tournament.

Wednesday, September 30
10:00 am–2:00 pm
Barelas, Pool Room
\$3 per person to enter
Reservations & fees by September 23

October

Bits To Eat In the Mesquite: Harvest Moon

OK, so it’s not quite a candlelight dinner...but, it’ll be close...and it’ll be a one-of-a-kind evening. We’ll feature honey glazed baked ham, candied sweet potatoes and fresh steamed mixed vegetables, a tossed salad, corn-bread and butter and, cream pie for dessert. The entertainment might trick you...or be a treat...it’s magic.

Palo Duro, Mesquite
Wednesday, October 14, 5:30–7:00 pm
Dinner is served 5:30–6:00 pm
Entertainment from 5:45–6:45 pm
\$4 per person
Advance ticket purchase required

5th Annual Health Fair—
The More you Know: Aging with Options

The purpose of this health fair is to inform you about the different options available to you and also to help you make informed medical decisions. You will enjoy information booths from many health agencies where you can pick up literature and ask any questions you may have. You will also be able to attend several different health presentations.

Wednesday, October 21
9:00 am–4:00 pm
Barelas, Social Hall
Lunch & refreshments will be provided

Card Party

Enjoy a few competitive games of bridge, pinochle, gin rummy or canasta. There’ll lots of door prizes when the dealin’s done.

Friday, October 23, 1:00–4:00 pm
\$5 per person, \$20 per table
Bear Canyon, Social Hall

Masquerade Party

From goblins to witches to clowns and cartoon characters, everyone is invited to join in this fun festivity. Door prizes will be given to the most original, funniest, scariest and not to mention the most weird looking one. Your ticket to the party will be to bring dessert. We will also give a door prize to the most original dessert dish.

Wednesday, October 28, 1:00–3:00 pm
Los Volcanes, Bring some dessert

The Green Chili Mystery Luncheon

Green Chili Baron, Don Diego Luján y Gabaldón is found murdered, surrounded by his prize-winning chilies. Who done it? Solve this mystery while enjoying a delicious lunch.

Friday, October 30, 11:30 am–1:00 pm
\$4 per person
Bear Canyon, Social Hall

Halloween Dance

Best costumes 1st, 2nd & 3rd place certificates. Remember only seniors can win!

Friday, October 30, 1:30–4:00 pm
Barelas, Social Hall

Creepy Crawly Special Luncheon

Join us for this Creepy Crawley luncheon and enjoy ghoulish entertainment.

Friday, October 30, 12:00 noon–1:30 pm
\$4 per person, lunch served between 12:00 noon–12:30 pm
Highland, reservations required

Halloween Alter Ego Costume Party

This daytime Costume Party is complete with prizes for best costumes and matching personalities. Let your alter ego go, dance to some rock and roll, and party! Music by Norio Hayakawa

Friday, October 30, 2:30–5:00 pm
\$4.50 per person
Manzano Mesa, Social Hall
Reservations required by October 19

Tricks or Treats?

Celebrate Halloween with a live magic show and bring your appetite. Don’t be “scared” to dress in your favorite costume to win a prize.

Friday, October 30, 11:30 am–12:30 pm
North Valley, Social Hall

A Marketplace with an ARTitude

9:00AM-3:00PM
SATURDAY, OCTOBER 24

MANZANO MESA MULTIGENERATIONAL CENTER
501 ELIZABETH SE • (505) 275-8731

A Marketplace with an ARTitude and Learning to Think Like a Mountain:

There is something for everyone... shopping, live entertainment, quilt show, food and this year the event is splashed with shades of green with our tribute to environmentalist, Aldo Leopold. Your door prize ticket contributions will benefit the State of New Mexico's Children, Youth, and Family Department.

Special Events

November

Renaissance Tea

Take an hour to step back into a quieter time, the Renaissance. Enjoy a delightful cup of tea and listen to Madrigal harp and flute music, by Judy Winchester & Harps of Enchantment, guaranteed to soothe the senses. There'll be scones, shortbread tea biscuits and pastries to compliment the tea. Bring your favorite tea cup and saucer and stories to share with others around your table.

Thursday, November 5, 2:30-3:30 pm
\$2.50 per person
Palo Duro, Mesquite 2
Advance ticket purchase required.

Veterans' Day Luncheon

Please join us to give tribute to our Veterans. We will have Memorabilia and a Color Guard Presentation. Veterans will be our guests for lunch. If you want to get up and tell your story let us know. Celebrating Veterans—Celebrating Seniors!

Friday, November 6,
11:30 am-12:30 pm
Barelas, Social Hall
Reservations required.

Volunteer Recognition Luncheon

Our volunteers are our good fortune! Let's honor their tireless contributions and thank them for helping us make our Center the best it can be.

Friday, November 6, 11:30 am-1:00 pm
Bear Canyon, Social Hall
Call 291-6211 for more information
And
Wednesday, November 18
1:30 - 3:00 pm
Los Volcanes, Social Hall

Sophisticated Ladies

They "razzled" and "dazzled" us with their last performance, so much so, we've asked them to come back and do it again!! Come for the special breakfast event, and stay for the performance!

November 10, 10:00-11:00 am
Manzano Mesa

Veterans' Day

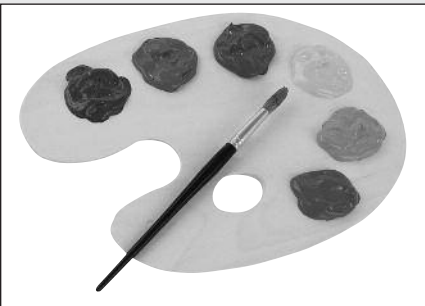
Celebrate Veterans' Day with a bugle salute and morning chow. Show your patriotism and appreciation for our veterans at our buffet breakfast! Veterans bring in your insignia, patches, medals and photos to share. Tell us your stories.

Tuesday, November 10, 8:00-9:30 am
\$3.50 per person
Manzano Mesa, Social Hall
Reservations required by November 6

Veterans' Day

Give thanks to all the wonderful veterans that have served, by honoring them and remembering how much they have sacrificed for all of us. Enjoy the special treats and Color Guard Presentation.

Wednesday, November 10
11:30 am-12:30 pm
North Valley, Social Hall



Oso Canyon Art Fest—Bear Canyon's signature event!

The 20th Annual Oso Canyon Art Fest is the place to be. This arts and crafts event features one-of-a-kind creations by talented local artists and crafters and it is the ideal place to find the perfect holiday gift. Enjoy live entertainment, refreshments and a wonderful assortment of door prizes.

Saturday, November 14
9:00 am-3:00 pm • \$25 per table
Bear Canyon

Special Luncheon: Fall Follies

Grab your hats and put on a happy face. We'll dine you and delight you with entertainment by the Highland Harmonizers. Feast on pork chops, applesauce, cheddar mashed potatoes, candied sweet potatoes, a tossed salad, garlic bread and pie ala mode for dessert.

Thursday, November 19
11:30 am-1:00 pm
Lunch served from 11:30-12:00 pm
Entertainment from 11:45-12:45 pm
\$4, advance ticket purchase required.
Palo Duro, Mesquite



Turkey Bingo

Wednesday, November 18
1:30-4:00 pm
50¢ per person
Barelas, Social Hall

Thanksgiving Luncheon

Let's celebrate Thanksgiving together with a traditional meal that brings back wonderful memories and anticipation of good things to come.

Friday, November 20, 11:30 am-1:00 pm
\$4 per person
Bear Canyon, Social Hall

Holiday Arts and Crafts Fair

Quality handcrafted arts, crafts and fine arts are featured. Reasonable prices—do your Christmas Shopping with us. Table rental at \$1.50 per table

Tuesday, November 24
9:00 am-1:00 pm
Barelas, Social Hall

Thanksgiving Luncheon

Join us for lots of good food, entertainment and door prizes. Please make lunch reservations in advance.

Wednesday, November 25
(Date may change)
11:30 am-12:30 pm
Barelas, Social Hall
Reservations required

Thanksgiving Day Luncheon

Turkey and all the trimmings will be the fare of the day, add a salad, roll, pumpkin pie and punch and you have a full dinner you won't want to miss. Entertainment will be provided.

Thursday, November 26
11:30 am-1:00 pm
\$4 per person, reservations required
Highland



Page 26 for dance classes
Page 28 for dances

Tree Trimming at the Centers

Tis the season to deck our Centers' halls with boughs of holly, ornaments and chili Christmas lights!

Help us decorate while listening to your favorite carols and partaking of delicious refreshments.

November 30, 9:00-11:00 am
Manzano Mesa, Refreshments provided!

Tuesday, December 1, 10:00 am
Barelas, Lounge area
Carols, Bischocitos and hot apple cider with Raul Sanchez on the piano

Wednesday, December 2, 9:00-11:00 am
Los Volcanes
Enjoy hot apple cider and cookies

Thursday, December 3, 9:00 am
Highland

Friday, December 4, 1:30-4:30 pm
Bear Canyon
Music by the Harps of Enchantment

Tuesday, December 8, 10:00 am
North Valley, Lobby
Enjoy Biscochitos and eggnog while Eastern Hills Christian School students sing carols.



Page 30
Choral groups and clubs

December

Highland Arts and Crafts Fair

Holiday shop for handmade arts and crafts make. Crafters—please be sure to sign up early as table sell quickly.

Saturday, December 5, 8:00 am–2:00 pm
Highland

Winter Snowflakes Luncheon

Get into the Holiday Spirit with good friends, good food and good music. The meal will be a gift to yourself: Chicken Cordon Bleu, coleslaw, honey glazed carrots, tossed salad, garlic bread and a brownie ala mode for dessert. The Corolers will perform a concert of holiday tunes for listening and singing along.

Thursday, December 10
Food served: 11:30 am–12:00 noon
Entertainment:11:45 am–12:45 pm
\$4 per person.
Advance ticket purchase required.
Palo Duro, Mesquite

The Mad Hat & Tea Party

Entrance fee: Wear a hat. Old, new, funny, different any hat will do.

Friday, December 11, 9:30–10:30 am
Barelas, Social Hall

Holiday Potluck

An annual intergenerational event at its finest. Gather to celebrate the holidays with Old St. Nick and some of the kids next door. Our crafts and crochet classes make gifts for the children.

Wednesday, December 16, 1:00–3:00 pm
Bring a covered dish
Los Volcanes

Annual Christmas Party

Join us for our Annual Christmas Party. We will have special guest—Santa. Refreshments & entertainment provided. Please bring your singing voices for Christmas carols.

Wednesday, December 16
11:00 am–2:00 pm
Barelas, Social Hall
Reservations required

December Holiday Spirits

Bring your appetite, and let’s celebrate the winter holidays with good spirits and good friends. Music by Frances Plus Three.

Friday, December 18, 5:00–7:30 pm
\$7.50 per person
Manzano Mesa, Social Hall
Reservations required by December 4

White Christmas Luncheon

The Highland Harmonizers will provide seasonal favorites after we dine on traditional favorites.

Friday, December 18, 12:00–1:30 pm
Lunch served: 12:00 noon–12:30 pm
\$4 per person, reservations required
Highland

Christmas Day Luncheon

Enjoy a holiday lunch with new and old friends. We will serve Caesar salad, roasted turkey with mashed potatoes, vegetables, red chili and apple cobbler a la mode for dessert. Entertainment.

North Valley
Friday, December 25, 11:30 am–1:00 pm
\$4 per person, reservations required
The center is open for lunch only.

Holiday Luncheon

Dress in holiday style and celebrate the holiday season with a festive luncheon shared with family and friends. The Bear Canyon Quilt Raffle winner will be announced during this lunch.

Friday, December 18, 11:30 am–1:00 pm
\$4 per person
Bear Canyon, Social Hall

Dance the afternoon away with the Chile Bean Express Band

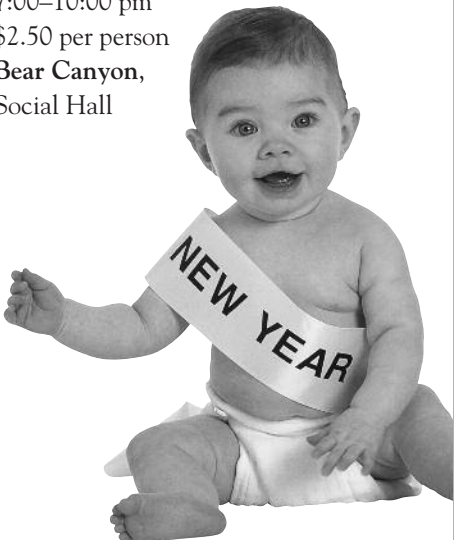
Celebrate the coming of 2010. Refreshments will be served.

Thursday, December 31, 1:30–4:00 pm
\$2.50 per person
Los Volcanes

New Year’s Eve Dance

Break out the noise-makers and strike up the band. Let’s ring in the New Year dancing the night away and enjoying delicious refreshments!

Thursday, December 31,
7:00–10:00 pm
\$2.50 per person
Bear Canyon,
Social Hall



Classes

Art

The Brilliance of Pastel

Beginners will focus on materials, composition and technique. Intermediate students will focus on improving skills and new challenges.

Manzano Mesa, Room 3
Mondays, 2:00–4:00 pm
Instructor, Sharon Jenson will supply information and supply list. Classes start in September as CNM Continuing Education class. \$10 per week unless offered periodically through CNM. When listed as a CNM Emeritus class, registration must be made and fees paid to CNM.

Beginning Calligraphy

Highland, Room 1
Thursdays, September 10, 17, 24,
October 1, 8 & 15, 9:00–11:00 am
\$20 for materials
Instructor: Caryl McHarney

Calligraphy—Advanced

Highland, Room 1
Thursdays, Oct 22, 29, Nov 5 & 12
9:00–11:00 am • \$20 for materials
Instructor: Caryl McHarney



Egg Ornaments, Pysanky

A batik egg decorating technique that uses beeswax and vibrant dyes. Design your eggs with traditional Ukrainian, Polish, Southwestern, or modern geometric designs.

North Valley, Room 1
Tuesday, November 3, 4:00–6:00 pm
Instructor: Jolanta Feliciano

Adult Watercolor

In this beginning/intermediate class, students will learn different approaches in exploring the watercolor medium, using still life setups, sketches, photos, and field trips and will produce a new painting each session.

Manzano Mesa, Room 3
6-week class beginning September 12
Saturdays, 12:00 noon–3:00 pm
S. Culler, call for cost/info. 275-8731



Discovering Watercolor

Discover what you can do putting color on paper. A beginners approach will be hands-on to mix colors and understand the placement of water on paper. No previous experience in drawing or painting is necessary. Supply list at front desk.

Palo Duro, Piñon
9-week class beginning September 14
Mondays, September 14–November 9,
1:00–3:00 pm
Instructor: Deanna Wagoner

Ceramics—Beginning

Students will learn all aspects of ceramics, starting with care and use of molds, pouring items, preparing items for firing, glazing, decorating, etc. Supplies will be discussed the first day of class.

Bear Canyon, Room 4
Mondays, September 14–November 30,
1:00–3:00 pm
Instructor: Feikje Scott

Colored Pencil Fundamentals

This 8-week class will teach the fundamentals to create beautiful paintings and drawings using colored pencils. Supplies will be discussed the first day of class.

Bear Canyon, Room 5
Fridays, September 18–November 6,
1:00–3:00 pm
Free with membership
Instructor: Granville Chorn

Most classes require
reservations and payment
to the instructor at
the first class.

Writing

Creative Writing

Aspiring writers meet weekly to create, share, critique and perfect their works. The group offers a supportive and non-threatening way to learn how to improve your writing skills.

Highland, Room 1
Thursday, 1:00–3:00 pm

TGIF Poetry

The TGIF Poetry group is devoted to reading poetry written by its members and other contemporary poets, as well as great poems of the past.

Bear Canyon, Room 3
1st and 3rd Friday, 1:00–3:00 pm
Allan Roth

Writing For Fun and Profit

This group has joined together for mutual benefit, interests and encouragement. It consists of amateurs and professionals who are poets, journalists, novelists and short story writers. Most of the writings are of the inspirational type. Those interested in writing are invited to join.

Manzano Mesa, Room 5
Mondays, 1:00–3:00 pm

Writing Practice

This approach to writing centers on writing as a regular personal practice for discovery and enrichment. It is not publication-oriented or product focused.

Palo Duro, Aspen
Wednesdays, 9:30–11:30 am
Dodson

Fiction, Non-Fiction and Poetry

This class is a combination of teaching and critique. We will explore fiction, non-fiction, memoirs and poetry.

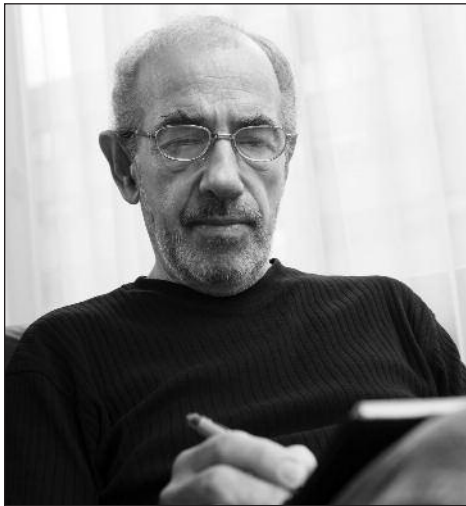
Bear Canyon, Room 1
Mondays, 2:00–3:15 pm
Larry Greenly & Rob Spiegel

Ethical Wills and Legacy

Letters Passing on Treasures of the Heart

Part of vital aging is Do it Now! Legacies are the footprints we leave behind. Write about the stuff of everyday life that’s hard to get at—like tea kettles, sewing machines, tortillas and cars. Write about what really counts in our lives, the moments, values, ideas and reflections rather than material wealth.

North Valley, Room 3
2nd Tuesdays, 10:00 am
Elizabeth C. Etigson, facilitator



Writing Your Autobiography

Everyone has a story to tell. This ongoing workshop is based on your own personal experiences and includes short writings about particular events in one’s life. People who are interested in writing their life stories are welcome at any time. Life experiences are valuable; they do not deserve to be lost when we are gone. New students are welcome to join any time.

Bear Canyon, Room 1
Tuesdays, 8:30–10:45 am • Suzanne Clear

Digital Camera with Walter Punke

\$18 per person or \$27 per couple
Instructor: Walt Punke

For these classes bring your digital camera, two sets of batteries, storage card(s), connectivity wiring and your camera’s manual.

Digital Camera Operating Guidelines

Learn how digital cameras operate, distinguish among features; explore the variety of functions, mode and setting opportunities; what they do, and how they differ from traditional film camera operations.

Highland, Room 1
Saturday, September 19, 1:00–3:00 pm

Los Volcanes, Room 10
Thursday, July 23, 6:00–8:00 pm

Expanded Digital Camera Operations

Increase your photographic opportunities with enhance understanding of the operational settings available with your digital camera. Practice mode functions and setting possibilities for shooting desirable photos in unusual conditions.

Highland, Room 1
Saturday, September 26, 1:00–3:00 pm

Digital SLR Basics

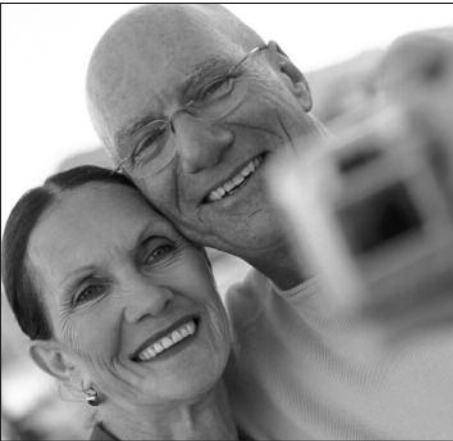
Single-Lens Reflex Digital (DSLR) cameras offer a spectrum of settings and photographic alternatives. Practice with various mode options and selecting ideal presets for different “shooting” environments.

Highland, Room 1
Wednesday, July 29, 6:00–8:00 pm

Taking Better Pictures

Enhance your digital camera control capability learn; practice procedures and refinements you can apply to improve your photographic composition skills and results.

Highland, Room 1
Wednesday, Sept 30, 6:00–8:00 pm



Computer Classes

Beginner Computer with Ronnie Sklarin

Whether you are a beginner or have some gaps in your knowledge, this course aims to reduce computer anxiety by explaining, in plain English, what this technology is all about and how it can enhance your life. Learn how to use the mouse correctly, how to surf the internet, what all the keys on the keyboard mean, and how to use different programs. Each student receives a manual as part of the course.

Palo Duro, Cedar Crest Computer Room
Wednesdays, August 5, 12, 19, 26
5:30–7:30 pm
\$30, payable to instructor at 1st class
Or
Los Volcanes, Room 1
Friday, Aug 7, Thursday, Aug 20,
Friday, Aug 21, Friday, Aug 28
10:00 am–12:00 noon
Or
Barelas, Computer Lab
Saturdays, August 8, 15, 22, & 29
10:00 am–12:00 noon
Or
Highland
Tuesdays, Aug 11, 18, 25 and Sept 1,
10:00 am–12:00 noon

Beginners Windows

Basics for new beginning computer users

Manzano Mesa
Mondays & Fridays,
September 14–October 9
9:00 am–12:00 noon • \$30 lab fee
Volunteer Instructor: Jack Freedman

PC Overview—Beginners

A 10-week course. We’ll start with the basics. Basic keyboard and mouse skills required.

Bear Canyon, Room 2
Mondays, Sept 14–Nov 16, 2:45–4:45 pm
\$30 + materials
Instructor: Marc LaChey





Intermediate Computer

Control your computer and reduce some of the frustration. We will cover a patchwork of computer hints, tricks, tips and good information. Learn concepts (what’s possible) and action (how to do it) in many different areas, including customization so your computer works well with you. Bring your questions and frustrations. Manual included. Mouse and keyboard skills required.

- Los Volcanes**, Room 1
Fridays, October 2, 9, 16, 23
10:00 am–12:00 noon
\$30 per person
Instructor: Ronnie Sklarin
- Highland**, Room 6
October 6, 7, 13, & 14
10:00 am–12:00 noon
\$30 per person
Instructor: Ronnie Sklarin
- Barelas**, Computer Lab
Thursdays, October. 8, 15, 22 & 29
10:00 am–12:00 noon

Word 2003 Level 1

Acquire the skills you will need to create documents: creating and editing text; using spell and grammar check; enhancing text with fonts, creating bullet lists and numbered lists; cut ‘n paste and copy ‘n paste; Undo; setting margins; using AutoCorrect; and saving and printing. A handout will be included. Bring a flash drive. Pre-requisite: Windows 2 or knowledge of those topics.

- Highland**, Room 6
Wednesdays, July 15, 22, & 29
6:00–8:00 pm
(Pay in advance at front desk, \$30 cash)
Instructor: Karen Hunt

Classes are first-come, first served and typically require advanced reservations. Call the host center to sign up.

Word 2003 Level 2

This workshop picks up where Word 1 left off with using and setting tabs; creating drop caps, indenting paragraphs; using Format Painter; customizing the toolbars; inserting page breaks and page numbers; creating portrait and landscape pages; and an introduction to headers and footers. A handout will be included. Bring a flash drive. Pre-requisites: Word 1 or knowledge of Word 1 topics.

- Highland**, Room 6
Wednesdays, September 9, 16, & 23,
6:00–8:00 pm
(Pay in advance at front desk, \$30 cash)
Instructor: Karen Hunt

Microsoft Word

- Manzano Mesa**
Mondays and Fridays, Oct 19–Dec 14
1:00–4:00 pm • \$30 lab fee
Volunteer Instructor: J. T. Wheelis

Word 2007

In this 6-week course, learn how to create documents, edit text, use the spell checker, copy, move and paste text, set margins, save and print...all the skills necessary to use Word.

- Bear Canyon**, Room 2
Begins in October
Wednesdays, 2:30–4:30 pm
Fees will apply
Instructors: Rich Greenfield & Walter Garrett

Word I

Learn to create Word documents, edit text, use the spell checker, copy, move and paste text, set margins, change fonts, select text, save and print. Word is the most popular word processing program in the world. Each student receives a manual as part of the course. Mouse and keyboard skills required.

- Highland**, Room 6
December 1, 2, 8, and 9
10:00 am–12:00 noon
(Pay in advance at front desk, \$30 cash)
Instructor: Ronnie Sklarin

Excel 2007 for Beginners

This 5-week course will cover files and folders, formats, formulas, financial sheets, sales charts and much more.

- Bear Canyon**, Room 2
Tuesdays, November 3–December 1
1:00–3:00 pm
\$18 includes cost of CD
Instructor: Ken Bruno

Excel 2003 Level 1

We will create, enhance, and print spreadsheets. Examples of spreadsheets you may want to create are a list of expenses, keeping a current balance in your checkbook, reconciling your checkbook, and calculating sums of numerical information. Many tips and tricks will be incorporated. A handout will be included. Bring a flash drive.

- Highland**, Room 6
Wednesdays, November 4, 18, 25,
6:00–8:00 pm
(Pay in advance at front desk, \$30 cash)
Instructor: Karen Hunt

Excel 2003 Level 2

A continuation of Excel 1. We will take a look at more advanced formatting and formulas, and charts; and organizing and sorting your numerical data. A handout will be included. Bring a flash drive. Pre-requisite: Excel 1 or knowledge of those topics.

- Highland**, Room 6
Wednesdays, December 2, 9, & 16
6:00–8:00 pm
(Pay in advance at front desk, \$30 cash)
Instructor: Karen Hunt

Creating DVD Photo Memoirs

Students will learn basic Photoshop, scanning pictures, DVD rendering and adding music to DVDs. Students will create a DVD viewable on television or computer for class presentations.

- Manzano Mesa**, Computer Lab
Six-week class beginning August 3
Mondays, August 3–September 7,
5:00–6:30 pm
\$65 per person, non-refundable fee due the 1st day of class to the instructor
Instructor: Gabriella Sanchez:
picture2treasure@aol.com



Publisher 2003 Level 1

Discover the power of Publisher to help you create spectacular flyers, signs, greeting cards, business cards, and labels. We will use templates, drawing tools, clip art, design elements, and photographs to enhance your creations. A handout will be included. Bring a flash drive.

- Highland**, Room 6
Wednesdays, October 7, 14, 21, & 28
6:00–8:00 pm
(Pay in advance at front desk, \$30 cash)
Instructor: Karen Hunt

Publisher

Learn how to make signs, flyers, greeting cards and other fun items on your computer. This is a fun course, intended to familiarize you with graphics, fonts and other design elements. Mouse and keyboard skills required.

- Highland**, Room 6
December 11, 12, 18, and 19
10:00 am–12:00 noon
(Pay in advance at front desk, \$30 cash)
Instructor: Ronnie Sklarin

Picasa 3

A free program available for download for Windows XP, Vista, and MAC. Locate and organize photos, eliminate scratches, blemishes, red-eye, crop, E-mail photos right in the program, create collages, slideshows, wallpapers, and put camera videos on You Tube.

- Manzano Mesa**
Wednesdays, November 4, 11, 18
1:15–3:15 pm
\$20 lab fee
Volunteer Instructor: Gail Kemp

Email

We’ll set you up with a free Google Gmail email address (even if you already have an email address) so you can send and receive email from any computer that has an internet connection. You’ll learn how to compose and reply to emails, open and send attachments, etc. Some previous computer experience is recommended; mouse skills required.

- Highland**, Room 6
November 5, 6, 12 & 13
10:00 am–12 noon
(Pay in advance at front desk, \$30 cash)
Instructor: Ronnie Sklarin

- Barelas**, Computer Lab
November 9, 10, 17, & 18
10:00–12:00 noon
Instructor: Ronnie Sklarin



Internet Level 1

Basics for using the Internet

Manzano Mesa
July 27–August 21
Mondays & Fridays, 9:00 am–12:00 noon
Lab Fee \$30
Volunteer Instructor: Jack Freedman

Enjoying the Internet with
Ronnie Sklarin

Learn how to access the Internet from your home, learn to shop safely on the Internet without compromising your personal information, learn how to: find information at the websites for New Mexico, Bernalillo County and Albuquerque sites (all of which are full of good information); find medical information at the Mayo Clinic; find websites for games; avoid computer viruses, search, and more. Manual included. Mouse and keyboard skills required.

Los Volcanes, Room 1
Fridays, September 4, 11, 25, October 2,
10:00 am–12:00 noon
\$30 per person

Barelas, Computer Lab
Wednesdays, September 9, 16, 23 & 30
10:00 am–12 noon
Instructor: Ronnie Sklarin

Palo Duro, Cedar Crest
Saturdays, September 12, 19, 26,
October 3, 10:00 am–12:00 noon
\$30 per person

Highland, Room 6
September 14, 15, 21, and 22,
2:00–4:00 pm
\$30 per person

Classes are free with
membership unless
otherwise indicated.

Crafts

Gourd Art

A 3-session class. The 1st class will include actual cleaning and cutting! Then you will decorate your choice of gourd over the next 2 weeks.

Bear Canyon
Tuesdays, September 8, 15 & 22
2:30–5:00 pm
\$35 per person, materials provided
Instructor: Ann Reilly

Gourd Art

In this 2-session class, students will have a choice of gourd shapes and will be able to try out a variety of coloring techniques.

Bear Canyon
Tuesdays, October 20 & 27,
2:30–5:00 pm
Or
Tuesdays, December 1 & 8
2:30–5:00 pm
\$30 per person, materials provided
Instructor: Ann Reilly

Punch Quilting

Punch Quilting is a simple “no sew” way to create fabric pictures and wall hangings. Simply score your design on foam board, cut shapes from batting and fabric, and punch the edges of fabric into foam board.

Manzano Mesa, Room 3
Tuesdays, 1:00–3:00 pm
New season starts July 28
\$5 one-time supply fee, payable first class
Instructor: Cristina Diaz Arntzen

Pottery,
Beginning & Intermediate

Beginning students will learn to coil and use slabs. Intermediate will learn to use the potter’s wheel. Both groups will learn basic sculpture techniques.

Manzano Mesa
Wednesdays, 5:00–6:30 pm
New season starts July 29
Instructor Marilu Tejero

Pottery—Beginning

During this 16-week class, learn techniques to make pinch pots, work with coils and slabs, use the potter’s wheel, and sculpture fundamentals.

Bear Canyon, Room 4
Thursdays, Sept 24–Jan 28, 1:00–3:00 pm
Free with membership
Instructor: Christine Evans

Necklace Class

Revel in the choice of beads & focal pieces available. Learn different techniques for a one of kind design.

Bear Canyon, Room 1
Tuesday, August 25, 2:30–5:00 pm
\$25 per person, materials provided
Instructor: Ann Reilly

Necklace/Bracelet & Earrings

Make a necklace and earrings or 2 bracelets and earrings using new bead, pearl & crystal choices.

Bear Canyon, Room 1
Tuesdays, August 4 & 11, 2:30–5:00 pm
Or
Tuesdays, October 6 & 13, 2:30–5:00 pm
\$30 per person, materials provided
Instructor: Ann Reilly

Colchera Class

Originating in the Rio Grande Valley of Northern New Mexico and Southern Colorado, Colcha is the traditional art of embroidery. You will be provided with a base fabric, proper embroidery needle, needle threader and Persian wool to execute the design.

Bear Canyon, Room 1
Thursdays, September 10, 17 & 24
1:00–2:30 pm
\$30 per person and \$7 for kit
Instructor: Annette Turk

Tin Working Workshop

Tinsmith, Jason Younis y Delgado will teach workshops in traditional Spanish Colonial Tinwork. Make items such as candleholders, ornaments and napkin holders. All levels welcome.

Palo Duro, Piñon Room
Four-week workshop:
Saturdays, September 12, 19,
October 3 & 10, 10:00 am–12:00 noon
\$55 per person, materials provided

Bear Canyon, Room 3
Three-week workshop:
Saturdays, October 3, 10 & 17
12:00 noon–2:45 pm
\$55 per person, materials provided



Introduction to Papermaking

Papermaking is fun, wet and immediate. Join us and learn traditional techniques to make your own recycled paper using natural fibers, such as leeks, rhubarb, eggplant, and onion.

Bear Canyon, Patio
Saturdays, September 26–October 10
9:30–11:00 am • \$20 per person
Instructor: Stephanie Lerma

Bead Embroidery

Learn to sew beads to fabric and make a beautiful bracelet.

Bear Canyon, Room 1
2-session class:
Tuesdays, November 3 & 10,
2:30–5:00 pm
\$35 per person, materials provided
Instructor: Ann Reilly

Like Art?

Art Classes on Page 20 • Art Clubs on Page 32

Fitness Classes



Adapted Aquatics

This class is taught in therapeutic 92 degree water and will help you to develop muscular strength and endurance as well as increase mobility. Transportation is provided from all seven senior centers to the newly renovated UNM Therapy Pool.

Bear Canyon, Palo Duro, Highland, Manzano Mesa
Monday, Wednesdays & Fridays
1:00–2:00 pm

Los Volcanos, North Valley, Barelas
Monday, Wednesdays & Fridays
2:00–3:00 pm

County Sites/Walk ins
Tuesdays & Thursdays, 1:00–2:00 pm
50¢ transportation, \$1 class

Sports

Call 880-2800 for information on Sports & Fitness offerings.

Badminton Group

Badminton is beneficial to both your physical and mental well-being.

Manzano Mesa
Mondays & Fridays, 1:00–4:00 pm
A more experienced group meets Tuesday evenings, 6:00–9:00 pm
Call Terry and Nan Lauritsen 266-8237 for more information.

Wells Park Community Center
500 Mountain Road, NW
Tuesdays & Thursdays, 1:30–3:30 pm

Men’s Basketball League

A senior men’s basketball league welcomes all men over the age of 50.

Sandia Prep
Saturdays, 7:30–10:00 am
\$1 donation
Call 797-7586 for more information
Instructor: Bruce Nesbitt

Pickleball

Join us and learn pickleball, a fun and vigorous game played on a badminton court. Described as a combination of table tennis, tennis, and badminton, pickleball uses a simplified combination of tennis and table tennis rules and strategies.

Los Volcanes, Social Hall
Mondays (ongoing) 9:15 am–11:15 am
Instructor: Barry Kahn

Silver Shufflers Shuffleboard

Come join this group for an afternoon of fun playing shuffleboard.

Manzano Mesa, Gym
Tuesdays, 1:00–4:00 pm

Volleyball

A fast-paced get-fit workout.

Manzano Mesa, Gym Court
Mondays & Fridays 5:00–7:00 pm
Wednesdays 6:00–9:00 pm
Open to all, no cost

Volleyball Groups/Activities

Join the 50+ volleyball players.

Wells Park Community Center
Mondays, 6:00–8:00 pm
Instructor: Dora Gunckel, 299-4867

NM Table Tennis Federation

The Federation is open to everyone regardless of level of skill.

Manzano Mesa, Game Room
Daily, 9:00 am–12:00 noon
Call Rick Massoth at 261-7444 for information.

Center phone numbers
are on page 4.

Aerobics and Fitness

Aerobics Extravaganza

Is a low-impact cardio exercise class.

Los Volcanes Fitness Center,
Aerobics Room
Mondays, Wednesdays & Fridays,
5:30–6:30 pm
50¢ per class
Call 839-3710 for more information
Instructor: Marisa Hill

Get Moving Aerobics

Is a high and low impact exercise.

Manzano Mesa, East Social Hall
Mondays & Wednesdays, 5:00–6:00 pm
\$20 per month (includes Fit Ball class on Fridays) or \$2.50 per class
Call 275-8731 for more information
Instructor: Ann Owens

Trip return times are approximate.

Fit Ball

Strengthen core muscles to increase stability and balance.

Manzano Mesa, Gym
Thursdays, 8:30–9:30 am
50¢ class
Call 275-8731 for more information
Instructor: Janet Porter

Manzano Mesa, East Social Hall
Fridays, 4:45–5:45 pm
\$2.50 per class
Call 275-8731 for more information
Instructor: Ann Owens



Introduction

Join us to learn and practice the basic steps used in our popular aerobic classes.

Palo Duro 50+ Sports & Fitness Center
1st Monday, 11:30 am–12:30 noon
Pre-registration is required
For more information call 880-2800
Instructor: Andriana Wethington

Gentle

This is a fun non-impact, primarily chair exercise class. The focus is on resistance training for strength building.

Barelas, Social Hall
Tuesdays & Fridays, 10:15–10:45 am

Bear Canyon, Social Hall
Mondays, Wednesdays & Fridays
9:15–10:15 am

Highland, Room 8
Mondays, Wednesday & Fridays
9:00–9:45 am

Los Volcanes Fitness Center, Aerobic Room
Mondays, Wednesdays & Fridays
9:30–10:15 am

Manzano Mesa, Gym
Mondays, Wednesdays & Fridays
10:00–10:45 am

North Valley, Daycare
Tuesdays & Thursdays, 9:45–10:15 am

Palo Duro, Mesquite Room
Mondays, Wednesdays & Fridays
9:45–10:30 am

Aerobics

This low impact aerobics class combines energizing music with a well-designed routine to strengthen the cardiovascular system. Call 880-2800 for information.

50¢ suggested contribution per class.

Barelas, Social Hall
Tuesdays & Fridays, 9:15–10:15 am

Bear Canyon, Social Hall
Mondays, Wednesdays & Fridays
8:00–9:00 am

Highland, Social Hall
Mondays, Wednesdays & Fridays
10:00–11:00 am

Los Volcanes Fitness Center
Aerobic Room
Mondays, Wednesdays & Fridays
8:15–9:15 am

Manzano Mesa, Gym
Mondays, Wednesdays & Fridays,
8:30–9:30 am

North Valley, Social Hall
Mondays & Fridays, 1:00–2:00 pm

Palo Duro, Mesquite Room
Mondays, Wednesdays & Fridays
8:30–9:30 am

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Stretch & Tone

This class will work to elongate and strengthen your muscles to achieve increased flexibility, and improve posture and develop a strong core.

Bear Canyon, Social Hall
Tuesdays & Thursdays, 8:00–9:00 am

Highland, Social Hall
Tuesdays & Thursdays, 10:00–11:00 am

Los Volcanes Fitness Center
Aerobics Room
Tuesdays & Thursdays, 8:15–9:15 am

Manzano Mesa, Gym
Tuesdays, 8:30–9:30 am

North Valley, Social Hall
Tuesdays & Thursdays, 8:15–9:15 am

Palo Duro, Mesquite Room
Tuesdays & Thursdays, 9:30–10:30 am

Wii

Wii School

Our instructors will show you how to use this fun and interactive gaming system in a supportive environment.

Bear Canyon, Social Hall
Mondays, September 14–October 26,
10:15–11:15 am
Free with membership
Instructors: Various

Wii Video Fitness Game

The Wii is a video game that requires players to use actual physical movement to create the action on the screen.

Los Volcanes Fitness Center
Call 839-3710 for more information

Palo Duro 50+ Sports & Fitness Center
Call 880-2800 for more information

Wii Open Play

Take part in this interactive gaming experience that many people are using to stay active. It's easy to learn, even if you have never bowled. You will have so much fun, you will be telling all your friends about it.

Bear Canyon, Social Hall
Tuesdays, 9:30–10:30 am • Open Play
Millie Martinez

Look for the new
50+ Sports & Fitness
Catalog this October.

Hiking and Walking



Walk About Albuquerque

Learn the science of walking, safety, different types of walking, and how to use a pedometer and walking poles.

Palo Duro 50+ Sports & Fitness Center
Mondays
Check in: 8:00 am • Return times vary
\$15 (includes a pedometer, walking charts, instruction on correct walking techniques and handouts, the use of walking poles, an experienced fun guide and transportation!)
Call 880-2800 for information.

Session III: August 16–October 1

- Walk 1: Walk the Botanical Park while learning how to walk for the health of it.
- Walk 2: Historic Bernalillo Parks
- Walk 3: Nob Hill
- Walk 4: The Albuquerque Bosque
- Walk 5: The Rio Grande Zoo
- Walk 6: Plaza to Plaza–Civic to Old Town

Hiking

Hiking schedules are available at the front desk of participating centers. Cost is 5¢ per mile; please call the site for sign-up information.

Palo Duro Sports & Fitness Center
Beginning, Intermediate, and Advanced Hiking
Every Tuesday, 7:15 am

Palo Duro
Every other Tuesday, 8:00 am
Every other Saturday, 9:00 am

Highland
Every other Tuesday, 8:15 am

Los Volcanes
1st & 3rd Thursday, 8:15 am

North Valley
Every other Thursday, 8:00 am

Bear Canyon
Every other Thursday, 8:00 am

Weight Training

Weight Training Orientations

We encourage you to take advantage of our no cost orientations. Orientations are by appointment only.

Los Volcanes Fitness Center
call 839-3710
Palo Duro 50+ Sports & Fitness Center, call 880-2800
Manzano Mesa, Fitness Room
call 275-8731
North Valley, call to register for classes on following dates:
Aug 10, 1:30; Sept 14, 9:30; Oct 12, 1:30; Nov 9, 9:30; Dec 14, 1:30

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Weight Training 101

First time in a gym? Join us in a non-threatening environment, geared for beginners 50+! This fitness class is a one-hour, two-day-a-week program in which you are guaranteed to see and experience positive results! Students are encouraged to work at their own pace. Simply come as you are! Comfortable clothing and athletic shoes are all you need. Remember, there will be others, just as new to exercise as you!

Palo Duro 50+ Sports & Fitness Center (505) 880-2800 or
Los Volcanes Fitness Center (505) 839-3710
Call for more information and class schedules.

Aaron's Weight Training Group Class

Join Aaron, an ACE certified personal trainer, for this six week group weight training class.

Palo Duro 50+ Sports & Fitness Center
\$150 for 6 weeks
Call 264-7341 or
880-2800 for more information
Instructor: Aaron Bubbico

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Aaron's One-on-One Personal Training

For a motivating hour of personalized weight training, call Aaron, a certified personal trainer. He will help you achieve your goals of fat loss, muscle gain, strength and overall health.

Palo Duro 50+ Sports & Fitness Center
Sessions by appointment only
To schedule or for info: 264-7341 or e-mail: abubbico@unm.edu
Instructor: Aaron Bubbico



The **50+** FANTASTIC!
FREEZE FEST!

4 DAYS OF WINTER SPORTS COMPETITIONS
FOR THE OVER 50 "COOL" CROWD!

This
Winter!



Yoga Classes

Yoga, Hatha–Qi Gong

These classes specialize in breathing and Hatha yoga postures. Breathing revitalizes the brain and internal organs with oxygen and postures keep the spine supple and healthy. The tools from this class will help lower your blood pressure and calm the nerves.

- Los Volcanes**, Room 2
Mondays, Thursday, 2:00–3:00 pm
\$4 per class
Instructor: Richards
- Manzano Mesa**, Room 4
Wednesdays, 9:00–10:00 am and Fridays 9:00 am–10:00 am
Instructor: Dee Cappelle

Restorative Yoga

- Barelas**, Room 2 & 3
Mondays & Thursdays, 9:15–10:15 am
Call 764-6436 for more information
Instructor: Dolly Rivera

Yoga

- Highland**
Wednesdays, 1:15–2:45 pm
Call 256-2000 for more information
- Bear Canyon**, Room 6
Thursdays, 2:30–4:00 pm
Kae Sumrall

Gentle Chair Yoga

All postures will be practiced either seated in a chair or using the support of the chair while standing along with the use of Yoga props such as, blankets, blocks and straps.

- North Valley**, Room 2
Tuesdays, 1:00-2:00 pm
Instructor: Lori Allison

Beginning Yoga

This class combines core management methods with mind-body/breath discipline to focus on reducing physical and mental stress, while lengthening the muscles that run along the long bones of the body. Bring a pillow and wear a stretch waistband.

- Palo Duro**, Ponderosa Pine
Wednesdays, 5:30–6:45
8-week session: August 5–September 23
5-week session: October 7–November 4
4-week session: December 2–23
\$5 per person, per time
Instructor: Kae Sumrall.

- Manzano Mesa**, East Social Hall
Mondays, 6:10–7:00 pm
\$25 per month
Call 275-8731 for more information
Instructor: Ann Owen

- Los Volcanes 50+ Sports & Fitness Center**, Aerobic Room
Saturdays, 8:00–9:15 am
\$3 per class
Call 839-3710 for more information
Instructor: Kathy Crisp

Kundalini Yoga

Kundalini activates one’s spiritual power through yoga. It brings energy, and new ways of thinking, setting one on the road to wisdom and understanding. The class is open to everyone at no charge.

- Manzano Mesa**, Room 4
New season starts July 29
Wednesdays, 10:00–11:00 am
Instructor: Lucille Mulcahy

Dance

African Dance/Drum Class

This is a combination class incorporating various traditional styles of African Dance and drumming. The group is being recognized as a new form of entertainment, and being asked to perform at numerous outings and events. No experience is necessary.

- Manzano Mesa**, Room 4
Tuesdays, 2:15–3:30 pm
Instructor: Camilla Dodson

Wise Women Belly Dance

Belly Dance is both a celebration of the female spirit and physical display of the strength and beauty of women of all sizes, ages, and shapes. Combined with a healthy diet, Belly Dance can be part of a sound weight loss program. Improved posture, flexibility and an aerobic workout is also possible.

- Los Volcanes**, Social Hall
Thursdays (ongoing)
12:00 noon–1:00 pm
\$10 per class per person
\$35 for 4 classes
\$50 for 4 classes mother/daughter teams
Instructor: La Samra’

Clogging—Intermediate

Clogging is an American dance form that began in the Appalachian Mountains. The word “Clog” comes from the Gaelic word meaning, “time.” Clogging is done to all kinds of music.

- Bear Canyon**, Social Hall
Fridays, 1:00–3:00 pm
McCoy, 296-5376
- Manzano Mesa**, East Social Hall
Tuesdays, 4:30–6:00 pm
Shirley Smith

Country Western— Beginning

Country Western dancing is more fun than a little bit!! Take lessons from Fred Laureta and you’ll be two-stepping before you know it.

- Palo Duro**, Mesquite 2 & 3
Fridays, 1:45–2:45 pm
August 7–September 25 (8 weeks)
\$6 per lesson, payable at the class
Instructor: Fred Laureta

Beginning Tap Dance

Join us as we learn the fundamentals of tap dancing. If you want to know the basics, here’s a chance to have some fun while you learn!

- Highland**, Room 8
Thursdays, 12:30–1:30 pm
Instructor: Jere Beradino

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Dance to live music!

Tap Dance

Heel, toe, heel, toe. Learn to tap dance while getting your exercise. You will learn basic steps and routines.

- Palo Duro**, Mesquite Room
Tuesdays, 9:30–11:00 am
Instructor: Emmett

NIA (Dancing through Life)

Nia draws from dance arts, martial arts, and healing arts to create purposeful movement that helps you grow, learn, and feel fully alive. Nia is a transformational movement practice that increases the pleasure of living in your body, creating weight loss, strengthening muscles, and improving muscle tone and definition.

- Highland**, Room 8
Saturdays, (ongoing) 10:15–11:15 am
\$7 drop-in fee or
\$30 for a five-week class card
Instructor: Elizabeth Cervantes, Certified Nia Technique Instructor
Or
Highland, Social Hall
Wednesday evenings (ongoing), 5:45–6:45 pm
Thursdays, (ongoing), 11:00 am–12:00 noon
\$7 drop-in fee or
\$30 for a five-week class card
Instructor: Michele Diel, Certified Nia Technique Instructor

Beginning Ballroom/ Latin Dance

Have you watched “Dancing with the Stars” and wished you had the confidence to electrify the dance floor? This is your chance to learn to Waltz, Foxtrot, Cha Cha, Rumba, Cumbia, Swing and Tango; and while you may not be ready to compete with the pros, you will have fun and the confidence to take to the dance floor.

- Bear Canyon**, Social Hall
Thursdays, July 9–September 3, 5:00–6:00 pm
\$6 per class or \$40 for all eight sessions
Call 291-6211 to register
Instructor: Fred Laureta

Intermediate Ballroom/
Latin Dance

This is your chance to improve your dance skills and get ready to Waltz, Foxtrot, Cha Cha, Rumba, Cumbia, Swing and Tango the night away!

Bear Canyon, Social Hall
Thursdays, September 10–October 29
5:00–6:00 pm
\$6 per class or \$40 for all eight sessions
Instructor: Fred Laureta

Advance Ballroom/
Latin Dance

Do you know how to Waltz, Foxtrot, Cha Cha, Rumba, Cumbia, Swing and Tango, but want to really shine? This is the class for you.

Bear Canyon, Social Hall
Thursdays, Nov 5–Jan 7, 5:00–6:00 pm
\$6 per class or \$40 for all eight sessions
Instructor: Fred Laureta

Beginning Ballroom Dancing

From your heart to your bones, ballroom dancing is an excellent way to get healthy (mind and body) while having fun!

Highland, Room 8
Thursdays, 1:30–3:30 pm
\$5 per person
Instructor: Esther Roybal

Ballroom Dance— Beginning

Waltzing can be as easy as 1-2-3. Claim your spot on the dance floor.

Palo Duro, Mesquite 2 & 3
Fridays, Aug 7–Sept 25 3:00–4:00 pm
\$6 per lesson; payable at the class
Instructor: Fred Laureta • (8 weeks)

Latin Dance Classes—
Salsa, Cumbia, etc.

There’s something magical about being able to dance to the Latin Beats.

Palo Duro, Mesquite 2 & 3
Fridays, 1:45–2:45 pm
October 2–November 20 (8 weeks)
\$6 per lesson, payable at class
Instructor: Fred Laureta

Barelas, Social Hall
12:45 pm Before Friday Afternoon Dance
Instructor: Virgie Garcia

Latin Dancing Exercise

Spice up your exercise with dance.

Manzano Mesa, East Social Hall
New season starts July 28
Tuesdays, 9:30–10:30 am
\$20 per month for supplies and handouts
Instructor: Barbara Weiss

Polynesian Dance Group

Study and practice Polynesian Dance. Open to new dancers.

Manzano Mesa
New season starts July 27
Mondays, 6:00–8:00 pm
Instructor: Lava Buckley

All Star Youth Hip Hop

Open to boys and girls [5–15], 40-minute lessons for all levels.

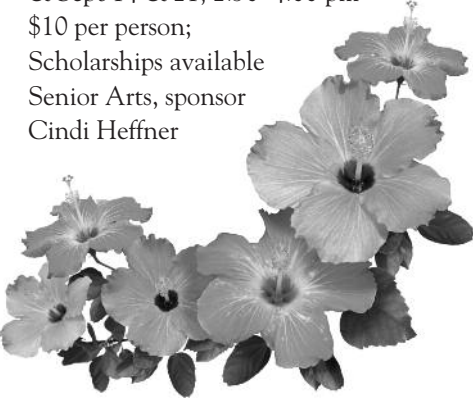
Manzano Mesa, Room 4
Thursdays, 5:30–9:00 pm
\$12 registration, \$6 per lesson
David Vigil

Hula Dance Class

This series of classes will cover basic foot, hand, and body movements of the hula as well as Hawaiian phrases, greetings and the significance of Aloha.

Los Volcanes, Social Hall
Thursdays (5 week class)
Begins August 20–September 24 (no class Sept. 3)
7:00 pm–8:00 pm
\$4 per class per person
Instructor: Cindi Heffner

Barelas, Social Hall
Mondays, Aug 10, 17, 24, 31
& Sept 14 & 21, 2:30–4:00 pm
\$10 per person;
Scholarships available
Senior Arts, sponsor
Cindi Heffner



Beginning Ballet

For adults and children, this class can teach poise, grace, balance, self-confidence and discipline while also providing exercise and fun!

Manzano Mesa, Social Hall
Saturdays, 9:30–11:30 am, Children’s class
Saturdays, 11:30 am–12:30 pm, Adult class
Anna Marie Urioste

Natural Dance

A unique and joyful approach that offers life-long benefits to improving physical health and well-being. Focus on postural alignment, body awareness and the re-patterning of movement habits.

Palo Duro, Mesquite Room 2
Wednesdays, 6:30–7:30 pm
\$50, September 2–30
\$40, October 7–28
\$20, November 4 & 18
\$30, December 2, 9, 16
Marta Lichlyter

Japanese Folk Dancing

Japanese folk dance is a wonderful glimpse into the culture and spirit of the “land of the rising sun.”

Bear Canyon, Room 6
Saturdays, 10:00 am–12:00 noon
Natsuko Edelman

Latin Dancing Exercise

MMC members have started their own new Latin Dancing Exercise. Everyone is invited, no sign up is necessary, it is FREE and promises to be great fun. Come spice up your exercise!

Manzano Mesa, East Social Hall
Tuesdays, 9:30–10:30 am • Barbara Weiss

Square Dance

This group lets you practice modern American square dancing. You’ll dance at the mainstream level (70 moves) with announced plus tips. Knowledge of square dancing is required to take this class.

Palo Duro, Mesquite Room
Wednesdays, 1:00–3:00 pm • Jensen

Line Dance Classes

When there’s no partner, that’s no problem when you know how to line dance. You can dance in your own kitchen!!! Learn how.

Palo Duro, Mesquite 2 & 3
Fridays, 3:00–4:00 pm
October 2–November 20 (8 weeks)
\$6 per lesson, payable at class
Instructor: Fred Laureta

Line Dance

Line dancing is great for people who love to dance but don’t have a partner. Each person learns the dance routine and dances in a line, much like a chorus line. We cannot accept beginners after the first month of each new class.

Barelas, Classroom 4
Fridays, 12:45 pm
Virgie Garcia

Bear Canyon, Social Hall
Line Dancing Advanced
Thursdays, 1:30–3:15 pm
\$1 per class • Clarada Hull

Line Dancing Beginning
Thursday, 3:30–4:30 pm
\$1 per class • Clarada Hull

Line Dancing Intermediate II
Tuesdays, 1:30–3:00 pm

Intermediate I
New session beginning September 2
3:00–4:30 pm • Clarada Hull

Highland, Social Hall
Line Dancing Intermediate
Tuesday, 1:30–3:30 pm
Santistevan & Bice

Los Volcanes, Social Hall
Line Dancing
Tuesday, 9:30–10:30 am

Line Dancing Beginning
Thursday, 9:00–9:30 am
\$1 per class • Tidy

Manzano Mesa, Social Hall
Beginning Line Dancing
Wednesday, 1:30–3:00 pm
\$1 per class • Georgette Smith

Intermediate I Line Dancing
Wednesday, 3:00–4:30 pm
\$1 per class • Georgette Smith

Intermediate II Line Dancing
Friday, 1:30–3:00 pm
Wylene Santistevan

Advanced Line Dancing
Fridays, 3:00–4:30 pm
Wylene, Santistevan

Palo Duro, The Mesquite Room
Advanced Line Dancing
Mondays, 1:30–3:00 pm • K. Tidy

Beginning Line Dancing
Mondays, 3:15–4:30 pm • K. Tidy

Advanced Line Dancing
Saturdays, 10:30 am–12:00 noon
K. Tidy

Beginning Line Dancing
Saturdays, 9:00–10:30 am • K. Tidy

North Valley, Social Hall
Beginning Line Dancing
Mondays, 2:00–3:00 pm

Call the center hosting the event if you have questions...
See page 4 for center phone numbers



Music



Guitar

For those who can play guitar in the keys of C-D-G-etc. Ability to sing helpful, but not necessary. Bring your own instrument and a music stand. We welcome musicians, amateurs and professionals.

- Bear Canyon, Room 4**
Monday, 2:00–4:00 pm
Benavidez • Other instruments welcome.
- Manzano Mesa, Social Hall**
Tuesday, 10:00–11:45 am
Friday, 10:00–11:45 am • Ortiz
Guitars only please

Piano

Offered to the beginner and intermediate students. New students and/or visitors welcome.

- Bear Canyon, Room 3**
Thursdays, Sept–Dec
Beginning: 9:30–10:30 am
Intermediate: 10:30–11:30 am
Darlene Cox

Violin

Learn the basics of playing the violin. Must have your own instrument.

- Bear Canyon, Room 1**
Friday, 8:00–10:00 am, Garcia

Meditation, T'ai Chi, Karate

Meditation

Develop your concentration using a variety of tools—breath, mantras, walking, mandalas, gazing, uplifting thoughts, mudras, spiritual affirmations. Class draws from the wisdom eastern and western disciplines.

- Highland, Room 7**
Saturdays, July 11, 18, & 25,
August 1, 8, 15, 22 & 29
10:00–11:00 am • \$10 fee per class
Instructor: Mokurai, a monk who has taught dogma-free meditation for over 25 years

Beginning Tai Chi Chuan

Based on softness and awareness, learning this martial art takes time, but it's well worth it. Join experienced instructors for a comprehensive class that will allow you to fully enjoy its benefits.

- Bear Canyon, Social Hall**
Saturdays, September 5–June 26
11:30 am–1:00 pm
Instructor: John Young
- Los Volcanes, Room 2**
Saturdays 11:00 am–12:00 noon
Instructor: Jim Dell • \$3 per class
Or
Los Volcanes, Room 2
Wednesdays 12:00 noon–1:00 pm
Instructor: Jim Dell • \$3 per class

Concentration, Meditation

Rejuvenate your patience and energy.

- Palo Duro, Ponderosa Pine**
Three sessions: Fridays, November 13,
December 4 & 18, 3:00–4:30 pm
Instructor: Ed Judkins

Meditation for Beginners

Learn basic meditation techniques from breathing, postures, movement, healing and space time travel. Learn a new form each week and the simple joys of spiritual quiet.

- Manzano Mesa, Room 5**
1st, 2nd, 4th, & 5th Thursday, 2:00–3:30 pm
Instructor: Cynthia Boyd

T'ai Chi Chih

This “Moving Meditation” is a series of gentle movements that balance internal energy (Chi). Benefits include improved balance, flexibility, stamina and regulation of weight and blood pressure. New students accepted only through the second week of 1st session.

- Palo Duro, Aspen**
Wednesday (Aug 19–Oct 7) (Oct 14–Dec 16)
Experienced class: 5:30–6:30 pm
Beginning class 7:00–8:00 pm
\$60 for 8-week session payable at 1st class
Ginny Morgan, certified instructor

Karate/ Self Defense Class

Course includes training in self defense, basic karate forms and katas. Classes are good for people who may have some physical limitations or movement issues.

- Los Volcanes, Room 2**
Thursdays, begins July 9, 6:00–7:30 pm
Instructor: Denis Rosenberg
Or
Los Volcanes, Social Hall
Wednesdays, 9:00 am–10:30 am

Self Improvement and Special Interests

Home Composting Class

Compost will release nitrogen over a longer time period. Approximately 13% of the material in landfills is green waste and 12% is food waste, both segments of which are excellent for making compost. Learn how.

- Los Volcanes, Room 4**
Thursdays, July 16, Aug 20, Sept 17,
Oct 15, Nov 19, Dec 17, 6:00–8:00 pm
Instructor: John Zarola

Creative Prose

Writing, either fiction or non-fiction, can unleash your creativity. Join this instructional and critiquing class at any time and expand your talents and horizons.

- Palo Duro, Ponderosa Pine**
Mondays, Aug. 3–Dec. 28
9:00–11:00 am
No sign-up necessary
Instructor: Denis Rosenberg

Massage Self Help Workshop

Stressed out? In a knot? Learn basic massage techniques, neuromuscular facilitation, kneading, rocking, positioning.

- Manzano Mesa**
2nd Friday of each month,
new season starts August 14
5:30–7:00 pm
Instructor: Ernest Sturdevant

Owner's Manual to Fountain of Youth

Learn how to draw upon natural methods from Eastern/Western, & ancient/modern natural healthcare traditions, so you can keep yourself in top shape. We will focus on digestion, fatigue, pain, sleep, emotions, memory, mobility and first aid.

- Highland, Room 7**
Thursdays, September 10, 17, & 24 & December 3, 10, & 17, 9:00–10:30 am
Instructor: Dr. Pamela Cornish, D.O.M.

Anatomy Is Art!

Focusing on each anatomical system, we will examine its language (Greek & Latin roots), function, and miracles. We will explore your curiosities and concern, to enhance your appreciation of the “care and feeding” of each inter-related body system.

- Highland, Room 7**
Thursdays, November 5, 12, & 19
9:00–10:30 am
Instructor: Dr. Pamela Cornish, D.O.M.

Dances to live music at the centers

Dance, Afternoon

Dance to top 40s, Spanish, country western, and oldies. Check the bulletin boards for our monthly listings of bands.

- Barelas, Social Hall**
Fridays, 1:30–4:00 pm
Various bands • \$2.50
- Los Volcanes, Social Hall**
Thursdays, 1:30–4:30 pm
Various bands • \$2.50
- North Valley, Social Hall**
Sundays, 1:30–4:30 pm
Various bands • \$2.50
- Highland, Social Hal**
Saturdays, 2:00–5:00 pm
Various bands • \$2.50

Dinner Dances

Spend an elegant evening dining and dancing to ballroom music.

- Barelas, Social Hall**
2nd Wednesday, 4:30–7:00 pm
Doors open at 4:00 pm
Various bands • \$7.50 per person
- Los Volcanes, Social Hall**
Last Tuesday, 4:30–7:30 pm
Various bands • \$7.50 per person
- North Valley, Social Hall**
3rd Tuesday, 4:00–7:00 pm
Dinner served at 4:30 pm
Various bands • \$7.50 per person

Summer Dance

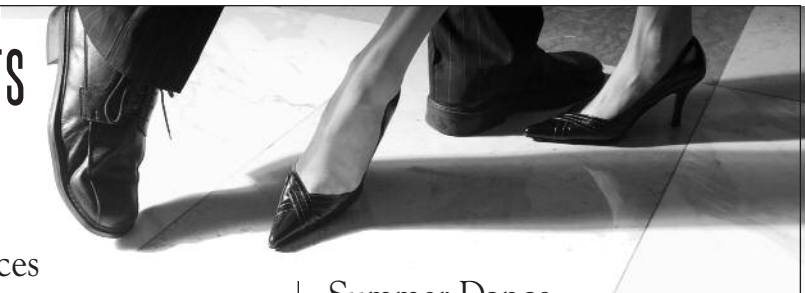
Come Dance the Summer Sun Away with The Samuel D. Band.

- Manzano Mesa**
Wednesday, August 26, 1:00–2:30 pm
Information Janie Moya 764-1524

Dance

Meet with friends, hear live music and practice your ballroom moves.

- Bear Canyon, Social Hall**
Thursday, 6:30–9:30 pm
Various bands • \$2.50



Language

Spanish 101, conversational

A focus on pronunciation

Los Volcanes, Room 1
Thursdays (June 4–July 30)
(Sept 3–Oct 22) (Oct 29–Dec 17)
10:00 am–12:00 noon
\$25 for 8 weeks • Instructor: Lupe Rivera

Spanish 102, conversational

A focus on pronunciation.

Los Volcanes, Room 1
Saturdays (June 6–Aug 1)
(Sept 5–Oct 24)(Oct 31–Dec 19)
10:00 am–12:00 noon
\$25 for 8 weeks
Instructor: Lupe Rivera

Conversational Spanish

Barelas, Classroom 4
Wednesdays, starting July 1 9:00–10:00 am
Instructor: Miroslava Corral

Spanish, Beginning

Vocabulary, grammar and conversation.

Bear Canyon, Room 3
Fridays, Sept 1–Dec 4, 10:00–11:00 pm
Instructor: Heidi Marshal

French I, Beginning

Pronunciation and grammar basics.

Manzano Mesa, Room 5
Tuesdays, 10:00–11:00 am
Class resumes August 11
Instructor: Robert Upshaw
Required textbook, see instructor

French II, Intermediate

Students should have at least a basic knowledge of French. If you had French years ago, and want to refresh your knowledge, consider French I. Please discuss this with the instructor.

Manzano Mesa, Room 5
Wednesdays, 9:00–10:00 am
Class resumes August 11
Instructor: Robert Upshaw

French, Advanced

A concentration on all aspects of grammar and reading, and translating short books and newspaper articles. This is not a “conversational” class.

Manzano Mesa, Room 5
Wednesdays, 10:00 am–12:00 noon,
Class resumes August 11
Instructor: Robert Upshaw
Required textbooks. see instructor



Games and Cards

Bingo

Join us for bingo, with cash and prize giveaways, raffle drawings and refreshments of food and drink.

Barelas, Social Hall
Tuesdays, 1:30–3:30 pm

Bear Canyon, Social Hall
Wednesdays, 1:30–4:00 pm
Lockard, 25¢–\$2.00

Highland, Social Hall
Mondays, 1:15–4:00 pm

Los Volcanes, Social Hall
Fridays, 1:15–3:45 pm

Manzano Mesa, West Social Hall
Thursdays, 1:30–4:00 pm

North Valley, Social Hall
Wednesdays, 1:30–4:00 pm
Luna and Luna, 25¢
1st Thursday, 1:30–4:00 pm
(Foster Grandparents)3rd Thursday,
1:30–4:00 pm (Sunbeams)

Palo Duro, Mesquite Room
Tuesdays, 1:30–4:00 pm

Join in on an existing game or start one with a friend. A variety of games are available at the center’s front desks such as chess, checkers, and dominoes.

Canasta— Hand and Foot

Bear Canyon
Mondays, 12:00–5:00 pm, Room 6
Thursdays, 12:00–6:30 pm, Room 1
Belva Butterfield

Highland, Room 3
Mondays, 1:00–4:00 pm

Los Volcanes, Room 10
Mondays, 12:30 noon–5:00 pm

Cards/Checkers

Barelas, Billiards Room
Monday–Friday, 12:00 noon–4:00 pm

Los Volcanes, Lobby
Monday–Friday, 12:30–4:30 pm

Chess

Highland, Lobby
Wednesdays, 1:00–3:00 pm

Bear Canyon, Lobby
Mondays, Wednesdays, Fridays
12:30–5:00 pm, Lloyd Gustafson

Cribbage Group

Bear Canyon, Lobby
Tuesdays, 9:30–12:00 pm • Ray Kranz

Palo Duro, Cottonwood
Fridays, 1:00–3:00 pm • Goodman, Larson

Dominoes

Los Volcanes, Social Hall
Monday–Friday, 9:00–10:00 am • Walker

Bridge

Novice Bridge

For active bridge players to improve their play or try duplicate bridge. Topics include stay-man, Blackwood, 15–17 point NT, transfers, bidding and defensive play.

Bear Canyon, Room 3
Fridays, Sept 18–Dec 11, 1:00–3:00 pm
Gene Smith

Beginning Bridge

Learn bridge. Topics include scoring, evaluating your hand and basic defensive play.

Bear Canyon, Room 3
Wednesdays, Sept 16–Dec 9
1:00–3:00 pm • Gene Smith

Discovering Bridge ACBL

Learn the basics in this introductory class.

Palo Duro, Aspen
Fridays, Sept 18–Nov 20
10:00 am–12:00 noon
Deanna Wagoner

Friday, Party Bridge

Regular players are already in place, but newcomers can sign-up as substitutes.

Bear Canyon, Room 1
Fridays, 12:15–3:30 pm
Lucille Gustafson

Bear Canyon Saturday Bridge

For intermediate or better players.

Bear Canyon, Room 1
Saturday, 10:30 am–3:00 pm • Schaefer



Mah Jongg

Bear Canyon, Room 5
Mondays, 12:00 noon–5:00 pm
Carrie Przekurat, Drop-in game

Los Volcanes, Room 4
Thursdays, 12:15–4:15 pm
Finegold, Martinez

Mexican Train

Highland, Room 4
Wednesdays, 12:30–4:15 pm

Los Volcanes, Room 10
Tuesday, 12:15–4:15 pm • Finegold

Pinochle

Bear Canyon
Tuesday, 1:00–4:45 pm
Kathleen and Carlton Valcourt

Highland, Room 4
Tuesday and Thursday
12:00 noon–4:30 pm

Manzano Mesa
Wednesday, 12:00 noon–4:00 pm

Walk-In Bridge

No need to sign up. Everyone is welcome!

Bear Canyon, Room 5
Thursdays, 8:30–11:30 am

Bridge (learn or brush up)

Manzano Mesa, Sitting Room
Mondays, 11:30 am–3:00 pm
Thursdays, 12:30 –3:00 pm
1st & 3rd Friday 10:00 am–3:00 pm
2nd, 4th & 5th Friday 1:00–4:00 pm

Bridge, Duplicate

All bridge players are invited to participate in this non-sanctioned game. Players should prearrange their partnes before the game or call 881-9725 to locate a possible partner.

Bear Canyon, Room 5
Thursdays, 12:45–4:30 pm
Dick West, 50¢ per person

Palo Duro, Cottonwood
Mondays, 11:45 am–4:00 pm
Fridays, 12:00 noon–3:30 pm

Bridge, Party

Party bridge is offered throughout the week. Most games require you to have your own foursome.

Highland, Room 4
Monday, Thursday, Friday, 1:00–4:30 pm

Widows Bridge Club

Eight regular teams with their captains play party bridge. Regular players are already in place, but newcomers are welcome to sign up as substitutes to be called upon when needed.

Bear Canyon, Room 6
Wednesdays, 12:15–3:30 pm
Vern Reynolds, 559-9399

Poker

A variety of games are played daily, including high-low, mixed-game, and dealer’s choice.

Barelas, Billiards Room
Monday–Friday, 12:00 noon–4:00 pm

Bear Canyon, Pool Room
Monday–Friday, 12:30–5:00 pm

Los Volcanes, North Lobby
Monday, Tuesday, Wednesday & Friday,
12:00 noon–4:30 pm
Saturdays, 11:00 am–2:00 pm

North Valley, Library
Monday–Friday, 12:00 noon–4:00 pm

Scrabble

Los Volcanes, Room 10
Tuesdays, 12:15 pm

Palo Duro, Ponderosa Pine
Wednesdays, 12:00 noon–4:00 pm
Simpson

Bear Canyon, Room 6
Mondays, 12:00–5:00 pm • Simpson

Shanghai Rummy & Bridge

Bear Canyon, Lobby
Tuesdays & Thursdays, 12:00–4:30 pm

Groups and Clubs

Arts and Crafts

ABQ Rug Hookers

Traditional and primitive rug hookers. (Not latch hook.) Interested persons welcome to visit and join.

Palo Duro, Ponderosa Pine
3rd Thursday, 1:00–4:00 pm
Linda Towle, 341-2399

Rosemalers of New Mexico

Join others in exploring the fine art of Norwegian folk art painting.

Bear Canyon, Room 5
2nd Saturday, 9:30 am–1:00 pm
Diana Ekedal

Camera Club

Sharing photos, techniques and interest. Field trips are included.

Palo Duro, Ponderosa Pine
2nd Friday, 1:00–3:00 pm • Joyner

Fabric Arts Collage Group

Join this informal group, dedicated to creating fabric landscape collage paintings, using the Debbie Jones collage method.

Palo Duro, Aspen
2nd Saturday, 9:00 am–3:00 pm
Laurie Cady • Open to anyone who has completed at least one Debbie Jones landscape class and a collage.

Project Linus

Project Linus is an 100% volunteer, non-profit organization that provides love, a sense of security, warmth and comfort to children who are seriously ill or traumatized through the gift of a new, handmade blanket.

Manzano Mesa, Social Hall
1st Saturday, 9:00 am–1:00 pm
Darline Polonis

Watercolor Club

This is an informal group that paints in “open studio” fashion. All ability levels are welcome.

Bear Canyon, Room 4
2nd Thursday, 1:00–3:00 pm
Paul Stubbe

Sports and Fitness

Albuquerque Senior Cyclists

Weather permitting, cyclists ride year round, three mornings a week. To ride with the group you should be able to ride 20 miles at least 10 mph, with only an occasional stop. Helmets required.

Bill Becker, 237-2495,
wbeckr@comcast.net, Jenny Robbing
292-4606 or jrobbins@swcp.com.

Niners Golf Association

Enjoy playing nine-hole tournaments on nearby courses, including Sandia, Isleta and Santa Ana.

Bear Canyon
Tournaments: 3rd Tuesday, Feb–Nov
Bob Brundage, 266-7375 • \$10 year

Personal Defense Club

Learn, teach and practice personal fighting skills. Close Quarter Combat is a name given to real world, personal combat skills used by police, military, security personnel, and aware citizenry.

Manzano Mesa, Room 4
Tuesdays, 7:30–9:00 pm • Dr. Sean Ross

Kendo Kai

A Japanese martial art of sword fencing.

Manzano Mesa, East Social Hall
Fridays, 6:00–8:00 pm • Davis Begay

Zia Rifle & Pistol Club

Promotes participation in shooting sports, with an emphasis on safety.

Bear Canyon, Room 5
3rd Thursday, 7:00–9:00 pm
Grant Reel, President

Fishing Club

The group plans fishing trips. New members are encouraged to attend meetings before going on trips.

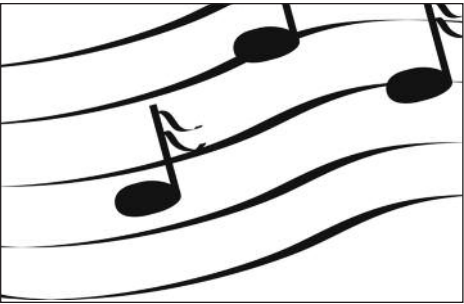
Barelas, Room 4
Meets one Friday—fishing the next.
Fridays, 12:30 pm, call for date and time

Bear Canyon, Room 4
Club Meeting: Monday before fishing trips at 1:00 pm, call center for dates

Los Volcanes, Room 2
Meets: 2nd & 4th Tuesday, 10:00 am
Trips 2nd & 4th Thursday, 6:00 am
April–October

Palo Duro
Meets: Every other Thursday prior to trip, 11:00 am
Trips: every other Tuesday, 6:00 am–4:00 pm • 5¢ per mile, Francke

North Valley
Call the center for dates and times



Music, Singing

Choralaires

Join in, no musical training is required. This group also performs at community venues.

Palo Duro, Cottonwood
Mondays, 9:00–11:30 am • Musetta

Beartones Choral Group

The Beartones is an A Cappella, singing group. Capability to read music is a plus.

Bear Canyon, Room 1
Thursdays, 10:00 am–12:00 noon
Call Bob Meadows 293-8445
nbobmeadows@ aol.com. to enroll

Hi-Toners

Enjoy singing and learning different melodies. Open to those who read music or want to learn.

Highland, Room 7
1st, 2nd & 3rd Friday, 10:30 am–12:00
Johnson, Senior Arts

Highland Harmonizers

This group performs all over town.

Highland, Room 7
Wednesday, 10:00 am–12:00 noon
Connie Devers

Sunbeam Chorus

An award-winning performance group.

North Valley, Conference Room
Call for schedule, Gonzales

Los Volcanes Singing Group

Practice and learn new songs with this award-winning choral group.

Los Volcanes, Room 10
1st and 3rd Wednesday, 10:00–11:00 am
Phyllis Vilchuck

Sing-Along

An afternoon of singing accompanied by 2–3 guitarists.

Manzano Mesa, Room 4
Tuesday, 1:00–2:15 pm • Richard Mabry

Dance

Jubilee Dancers

This dance group choreographs their dances to various show tunes and entertains at nursing homes, centers and throughout the community.

Manzano Mesa, East Social Hall
Thursdays, 1:00–2:45 pm
Janet Porter

Red Hat, M&M Dancing Dolls

Meet to learn a variety of dances from Hip-Hop to exotic Latin. The group performs for local Red Hat chapters.

Manzano Mesa, Social Hall
Mondays, 12:00 noon–1:00 pm
Juliette McBride

Sophisticated Ladies

This already established dance group entertains within the community.

Manzano Mesa, East Social Hall
Tuesdays, 11:00 am–1:00 pm • Room 4
Tuesdays, 1:00–3:00 pm
Shirley Smith

Okinawan Dance Group

Manzano Mesa, Room 3
Fridays, 6:00–9:00 pm

Music

Autoharp

This group plays and sings folk tunes accompanied by autoharp and guitar.

Bear Canyon, Room 4
Mondays, 4:00–5:00 pm
Nancy Glikman

Albuquerque Accordion Club

Bear Canyon, Rooms 5 & 6
2nd Thursday, 7:00–9:00 pm
Dr. Wright

Community Drum Circle

Discover the joy of rhythmic music making! No previous drumming or musical experience is required.

Manzano Mesa, Room 4
3rd Friday, 7:30–8:45 pm
Giselle Felicia Vivian
\$8 adults, \$6 seniors 65+ & teens, \$4 youth 8–12

Palo Duro Band Practice

Open to members who play an instrument.

Palo Duro, Aspen
Fridays, 1:00–2:30 pm, Baker

Acting

Drama Club

Put on a skit, opera or small produc- tion. Everyone is welcome to sign an interest list at the front desk.

Highland, Room 8
Wednesdays, 7:00–8:30 pm, Roberts

Vintage Players

Members of the group read and perform monologues, readings, skits, one-act plays and original material.

Manzano Mesa, Room 4
4th Saturday, 10:00 am–12:00 noon
Janet Porter

Discussion/Book Groups

Bible Study and Discussion

Bible Basics

Bear Canyon, Room 5
1st, 3rd, 5th Tuesday, 1:30–3:00 pm
Rebecca Hunt

Los Volcanes, Room 1
Tuesdays, 9:30–11:30
Aranda, Balboa, Ramirez
Instructors will vary by topic

Manzano Mesa, Conference room
Thursdays, 9:30–11:00 am
Aranda

Women’s Bible Study

Several faiths/denominations gather weekly for Bible study and to socialize.

Manzano Mesa, Room 1
Tuesdays, 11:00 am–1:00 pm
Ann Foreman

Bible Discussion Group

Open discussions the Bible.

Manzano Mesa, Room 4
Thursdays, 10:00–11:00 am
George Jacobson

Mystery Book Club

Join the mystery and audio book club. A title is announced at each meeting and discussed the following month.

Palo Duro, Ponderosa Pine
2nd Tuesday, 1:30–4:30 pm

Classic & Great Western Books

Are you interested in reading some of the great books of the western world, and then having informal discussions about the books? Some of the suggested books may include everything from Einstein to Shakespeare to the Consti- tution and Mark Twain.

Bear Canyon • Room 3
2nd and 4th Friday, 1:00–3:00 pm
Kathy Nunn

Current Events Discussion Group

Discuss ideas, values and problems of the times. Ongoing, attend at any time.

Bear Canyon, Room 1
Tuesdays, 11:00 am–12:30 pm
Jerry Lehnus

Palo Duro, Aspen
Thursdays, 1:00–3:00 pm
Zahnle

Investment Groups

Investment Club

Learn about the stock market and make investments as a club. The club follows a the NAIC study program.

Palo Duro, Ponderosa Pine
3rd Wednesday, 10:00 am–12:00 noon

Invest in Debt

This informal group discusses finances, investing and debt investment.

Manzano Mesa
2nd Wednesday, 6:00–9:00 pm •Ron Baird

Special Interests

ATM Amateur Telescope Making Group

Make your own telescope.

Manzano Mesa, Room 3
1st Wednesdays, 7:00–9:00 pm
Mike Pendley

Aristocrat Social Club

Caravaners promote recreational vehi- cle use and camp out monthly. Mem- bers must own a self contained recre- ational vehicle.

Highland, Room 7
3rd Wednesday, 1:00–4:00 pm

ABQ Wildlife Federation

A member based conservation organi- zation affiliated with the New Mexico and National Wildlife Federations.

Manzano Mesa, Room 3
2nd Thursday, 7:30–9:00 pm
Gene Tatum

Cherokees of New Mexico

Manzano Mesa, Room 4
3rd Saturday, 12:00 noon–3:00 pm
Bob Leach

Dutch Speaking Group

Join us to converse, share jokes and en- joy each other’s company.

Bear Canyon, Lobby
Friday, 10:00–11:30 am, Feikje Scott

NM Computer Society

Manzano Mesa, Computer lab
2nd Monday, 6:30–8:30 pm
Ron Johnson

Philatelic Society

Join us for mixtures, the trading circuit, member bourse and door prizes.

Palo Duro, Ponderosa Pine
Mondays, 11:30 am–3:00 pm • Donally

Reclaiming Families

Manzano Mesa, Room 4
2nd & 4th Monday, 6:30–7:30 pm
Nzaki Sinandile

Rock Hound Explorers Club

Palo Duro
Meetings: 1st and 3rd Thursday,
11:00 am–12:00 noon
Trips: 2nd and 4th Thursday,
8:15 am–4:30 pm
5¢ per mile, Harris 292-2861

Red Hat Society

Join your senior sisters nationwide to greet middle age with verve, and humor.

Bear Canyon, Room 5
Enchanting Red Hat Bear Beauties
3rd Wednesday, 1:00–2:30 pm
Queen Barbara Broussard

Highland, Room 1
4th Thursday, 1:00 pm

Los Volcanes
2nd Tuesday, 11:30–1:00 pm
Guanda Kenney

Manzano Mesa, Sitting Room
3rd Thursday, 10:00–11:30 pm
Ina Saxton

Palo Duro, Aspen
1st Saturday, 11:00 am–12:30 pm
Sonja Schwartz

Society for Creative Anachronism Monthly Meeting

Manzano Mesa
3rd Thursday, 6:30–9:00 pm
Greg Vickery

Sharing Life’s Experience

Participants share feelings, ideas and find areas of common interest.

Manzano Mesa, Room 5
Tuesdays, 1:00–3:00 pm • Bob Hoberg

Sister Cities

A program designed to foster cultural and commercial exchange between Al- buquerque and its nine sister cities.

Manzano Mesa, Social Hall
Meet 5 times a year, dates TBA
Maja Whittington
\$10 Senior membership, \$20 general

Social Networking

Sociable Singles

A group is dedicated to helping single men and women have a satisfying so- cial life and develop new friendships.

Bear Canyon
1st Tuesday, Luncheon
11:30 am, Social Hall

3rd Friday, Meeting
3:00–4:30 pm, Room 5

4th Thursday, Social Time
5:00–8:00 pm, Room 3
Bring your own food, visit and play games
Information: Dorothy Cillessen,
296-1765 and Mary Peterson, 821-3101.

Society of Children’s Book Writers and Illustrators

Meet to discuss the art and writing of children’s books.

Manzano Mesa, Room 5
2nd Tuesday, 7:00–8:45 pm
Lisa May

T.O.P.S. (Take Off Pounds Sensibly)

Manzano Mesa
Mondays, Room 5
9:30–11:15 am • Dottie Bellach

Fridays, Room 4
10:00–11:30 am • Betty Demenge

Los Volcanes, Room 10
Mondays, 8:00–9:00 am • Mary Kay Olson

Palo Duro, Aspen
Monday, 11:45 am–1:00 pm • Eberting

Treasure Seekers

Join us as we hunt for hidden treasures.

Palo Duro, Cottonwood
Meetings: 2nd Wednesday
10:00–11:30 am
Trips: 1st & 3rd Thursday,
8:30 am–4:00 pm • Straba

Travel Talk

Exchange experiences, and travel tips.

Highland, Room 8
2nd Wednesday, 2:00 pm • Lane, Williams

CBI Veterans Group

Open to Veterans of World War II who served in China, Burma or India.

Palo Duro, Ponderosa Pine
4th Wednesday, 10:00 am–12:00 noon
Laben 298-2450

Vietnamese Senior Association

This group meets to socialize with other Vietnamese and to take trips within the community.

Manzano Mesa, Room 4
Saturdays, 9:00 am–12:00 pm
Contact “Hine” or Hieu Duan

Community Organizations

AARP Chapters #4380

Provides information on senior issues—local, governmental, and legislative

Bear Canyon, Room 4
2nd Thursday, 1:30–3:30 pm
(Board Meeting 12:30–1:00 pm)
Marc LeChey 275-2331,
Ida Smelser 256-3108 • \$5 per year

Albuquerque Historic Aviation Society

For those with a love of aviation.

Bear Canyon, Rooms 5 & 6
1st Thursday, 7:00–9:00 pm
Harry Davidson 256-7212

Colored Pencil Society of America

Bear Canyon, Room 5
4th Saturday, 1:00–3:00 pm

Corvairs of New Mexico

Highland, Room 8
1st Wednesday, 7:00–9:00 pm

Support Groups

Alzheimer's Caregiver Support Group

Bear Canyon, Room 1
3rd Friday, 10:00 am–12:00 noon
Michaels, 266-4473

Essential Tremors Support Group

Palo Duro, Ponderosa Pine
3rd Saturday, 10:00 am–12:00 pm
Whiton, 255-4419

Peer Counseling

This group promotes health, vital aging through individual and group counseling services.

Los Volcanes, Room 10
Fridays, 10:00 am–12:00 noon • O'Hara

Prostate Cancer Support Association of NM, Inc.

Bear Canyon, Rooms 5 and 6
1st & 3rd Saturday, 12:30–3:00 pm
Joseph Nai 254-7784

Grief Support

Bear Canyon, Room 3
Mondays, 8:30–10:00 am
Joanne Rupprecht



Escritiente Society of Calligraphers

Promotes, encourages and educates in the calligraphic arts.

Manzano Mesa, Room 1
1st Wednesday, 6:30–9:00 pm
Margaret Disque

Grey Panthers

Advocates for senior issues.

Highland, Room 7
4th Saturday, 12:00 noon–2:00 pm

Guardianship Meeting

Highland, Room 8
2nd Wednesday, 11:30 am–1:00 pm

McCormic Chapter 96

San Pedro Estates Property Owners Assn.

Highland, Room 1
Quarterly meeting, 7:00–9:00 pm
Call the center for the next meeting date

NARFE Chapter 80

The National Association of Retired Federal Employees is committed to preserving the federal retirement and health benefits. NARFE promotes the protection of federal employee benefits by uniting its members. Membership is open to civilian employees, retirees, survivors and spouses with at least 5 years of federal government service.

Palo Duro, Mesquite Room
1st Saturday, 12:00 noon–2:00 pm

RPEA

Retired Public Employees Association addresses issues related to retired public employees such as: benefits, insurance, monthly pay, etc.

Bear Canyon, Rooms 5/6
2nd Fridays, January, April, July, October
McCormick 323-5923

Zia Sundials

The Zia Sundials, Chapter #106, National Association of Watch & Clock Collectors, is a group of enthusiasts and collectors of horological items.

Bear Canyon, Room 4 • 2nd Saturday, 12:00 noon–3:00 pm
Randy Garner 886-6576

Siglo De Oro R.V. Club

Excursions around the Land of Enchantment and beyond will highlight our travel season. Come join us for our monthly business meeting and trip signup, followed by a “get together” luncheon at a local restaurant.

Bear Canyon, Social Hall West
3rd Tuesday, except August
10:00–11:00 am

VFW Post #10763

Veterans of Foreign Wars business meetings for post members.

Bear Canyon, Room 3
1st Thursday, 7:00–9:00 pm
Leo B. McCann, Quartermaster/Adjunct
345-7568

Veterans and Military Affairs Advisory Board

Barelas, Room 1
1st Wednesday, 10:00 am
DSA Administration Office

Arts and Crafts Fairs at the Centers

Highland Arts and Crafts Fair
Saturday, December 5,
8:00 am–2:00 pm
Highland, 256-2000

A Marketplace
with an ARTitude
Saturday, October 24,
9:00 am–3:00 pm
Manzano Mesa, 275-8731

Oso Canyon Art Fest—
Saturday, November 14
9:00 am–3:00 pm
Bear Canyon, 291-6211

Holiday Arts & Crafts Fair
Tuesday, November 24
9:00 am–1:00 pm
Barelas, 764-6436



Don't miss these great events!